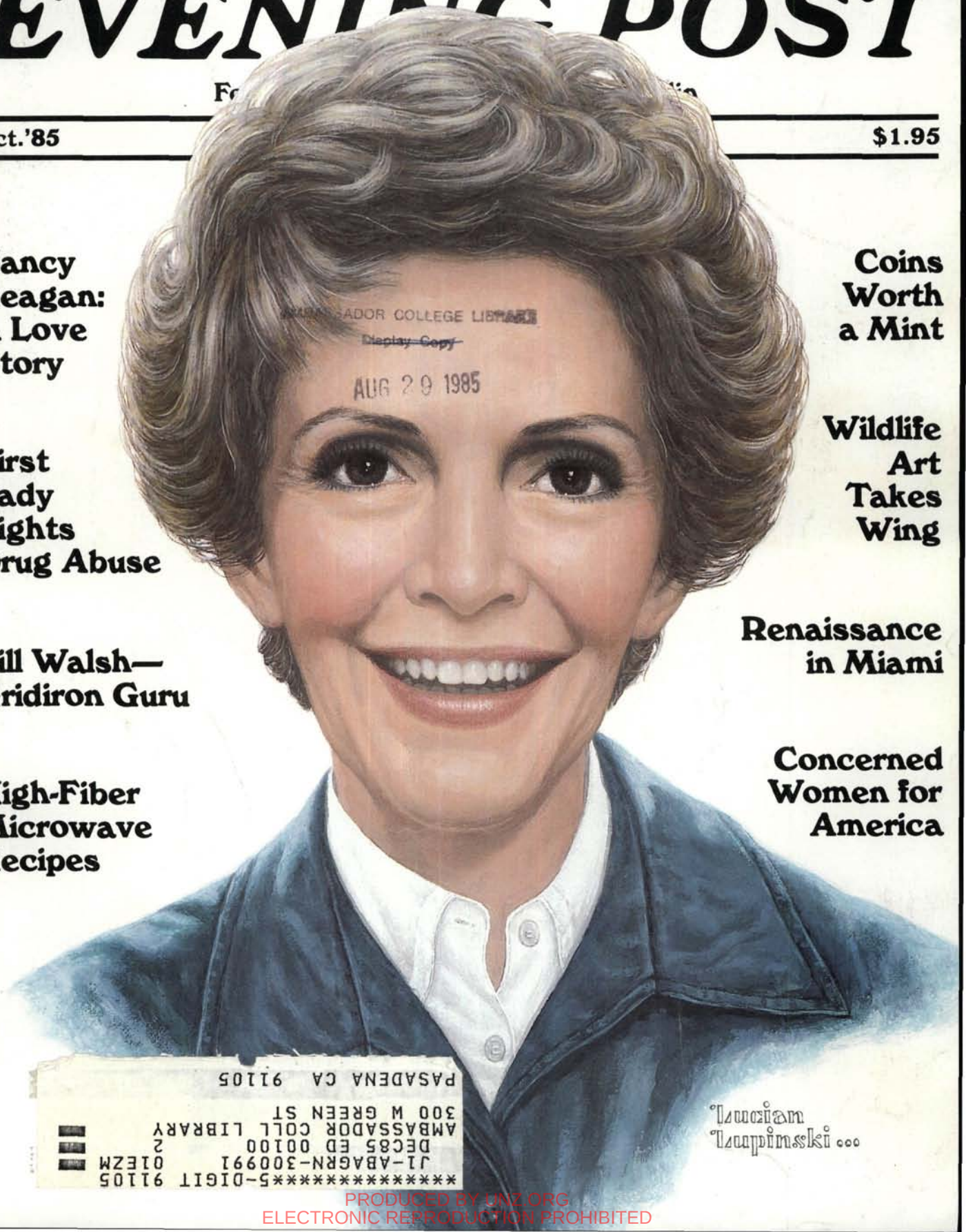
THE SATURDAY EVENING POST

Fo... ...in

Oct.'85 $1.95



Nancy Reagan: A Love Story

First Lady Fights Drug Abuse

Bill Walsh— Gridiron Guru

High-Fiber Microwave Recipes

Coins Worth a Mint

Wildlife Art Takes Wing

Renaissance in Miami

Concerned Women for America

Lucian Lupinski

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Announcing an important collecting first!

The treasured Christmas paintings of Sister M. I. Hummel combined with every U.S. Christmas Stamp ever issued.

The Hummel Christmas Commemorative Cover Collection

Cover shown smaller than actual size of 5" × 7½"

"Christmas Angel" by Hummel
First Public Appearance: June 6, 1951

Mr. John H. Jones
455 Main Street
Anywhere, U.S.A. 12345

Original Christmas painting by Sister M. I. Hummel.

Officially postmarked at cities and towns in all 50 states whose names are associated with Christmas, on the anniversary of the first public appearance of the Hummel art.

Each Cover personalized with your name and address, if desired.

Historic U.S. Christmas stamp. Colorful and delightful, Christmas stamps are extremely popular among collectors.

The Renewal

Fra Filippo Lippi, National Gallery

In Guardian Arms

Hummel Art © 1985 ARS Edition

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Everyone loves the art of Sister Hummel. Collectors have been charmed by her portraits of children, which became the basis of the famed Hummel figurines. Hummel art has appeared on plates, bells and other collectibles, on art prints and calendars.

Now, *for the first time,* Hummel's art has been authorized to appear on a collection of fifty-four Commemorative Covers! The theme is Christmas — the Sister's favorite, because it allowed her to express both her love of children and her deep religious devotion. The best of these paintings will now be combined with *every U.S. Christmas stamp ever issued!*

The inspiring art of Sister Hummel!

Sister Hummel's art lives forever and continues to win hearts all over the world. Her portraits of children are so lifelike, because they are of boys and girls Hummel knew and loved, clad in colorful local costumes.

Hummel's Christmas art is extra special. Here, the rosy-cheeked, blond-haired children often play the role of angels, heralding the Christmas season. As one Hummel admirer puts it, "These paintings are a little like heaven on earth."

Other Hummel Christmas paintings portray the Christ Child and Mother Mary. Some are reminiscent of medieval art and stained glass windows. All are a sheer delight, representing the best of Sister Hummel and the very spirit of Christmas!

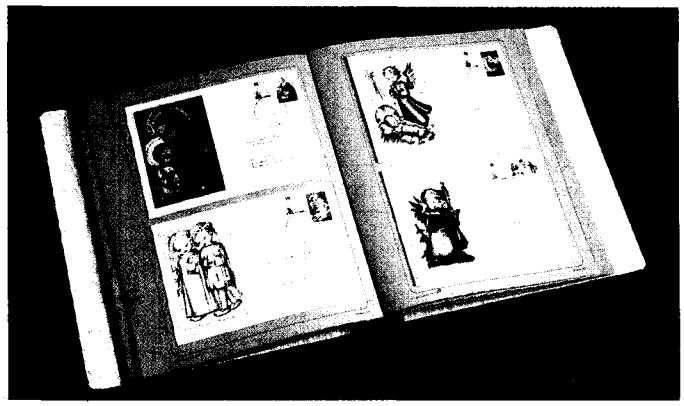
Every U.S. Christmas Stamp ever issued!

This collection combines two cherished Christmas traditions: Hummel art and U.S. Christmas stamps. The United States has issued colorful Christmas stamps since 1962. These stamps are philatelic gems — the pride of the Postal Service — and your collection will include *every single Christmas stamp ever issued by the United States!*

Some of these stamps feature paintings by the Masters — Raphael, Botticelli, and other immortals. Some feature paintings by noted American artists, past and present. There's a famous Currier & Ives winter scene. And there are stamps with antique toys, teddy bears, Santa Claus, and a Christmas tree.

Festive postmarks!

Everything about this delightful collection says Christmas — even the postmarks! Each Cover will be officially postmarked on the anniversary of the Hummel painting's first public appearance...at cities and towns in all 50 states whose names are associated with Christmas. Your Covers will come to you from places like Bethlehem, Connecticut; Christmas Valley, Oregon; Snowflake, Arizona; and Santa Claus, Indiana.



You will receive this deluxe hardcover Collector's Album free as part of your collection.

A deluxe hardcover Collector's Album.

The album, too, will be a festive delight with your name stamped in gold on the front cover, and it's yours *at no extra charge.* Inside the album, specially-crafted, clear protective display sleeves will hold each Cover. The backside of each Cover will describe the Hummel painting and the stamp.

Reserve your collection now!

The Hummel Christmas Commemorative Covers will be issued at the convenient rate of three per month. The price will be just $4.50 per Cover — guaranteed for the entire collection.

To reserve your collection, send no money now. Simply complete the Reservation Application and mail it to the Postal Commemorative Society. We will bill you separately for each month's shipment. As an extra convenience, you may have each monthly shipment charged to your VISA or MasterCard.

This is a marvelous opportunity to own two Christmas treasures combined: the most inspiring art of Sister Hummel and the most delightful stamps the United States has ever issued! Together, they comprise a Cover collection that will become a cherished heirloom for each new generation to enjoy.

Town Crier

RESERVATION APPLICATION 001

The Hummel Christmas Commemorative Cover Collection

Postal Commemorative Society
47 Richards Avenue
Norwalk, Conn. 06857

Please respond promptly.

Please reserve _____ collection(s) of the Hummel Christmas Commemorative Covers. The collection will consist of fifty-four Commemorative Covers, each bearing a U.S. Christmas stamp, an official anniversary postmark and a full color reproduction of a painting by Sister M. I. Hummel. I understand I will receive one set of three Covers each month. A gold-embossed deluxe Collector's Album will be included with each collection at no additional cost.

I need send no money now. I will be billed with each shipment at a price of $4.50 per Cover (plus $.50 per Cover shipping and handling) payable in U.S. funds. I understand that either party may cancel this subscription agreement at any time.

I would like my Covers: ☐ Unaddressed, or
☐ Addressed exactly as shown below

Please print the name to be shown on your album:

_____

Name _____

Address _____

City _____

State/Zip _____

☐ As a convenience, I prefer to have my Covers charged, at the time of shipment, to my: ☐ MasterCard ☐ VISA

_____
Credit Card No. Expiration Date

Signature _____

Shipments will begin in December, 1985.

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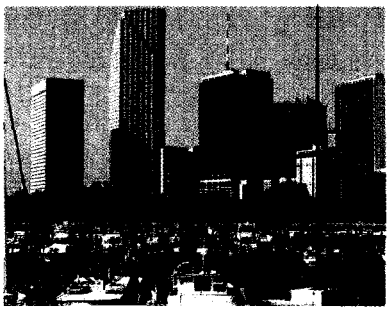
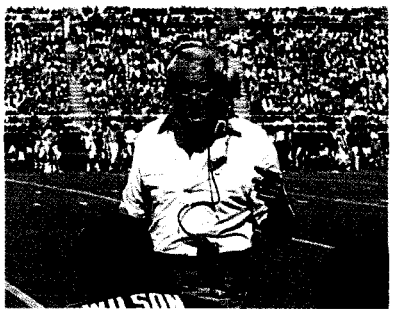
The *Post* Interviews Nancy Reagan—about marriage, health and her drug-abuse crusade. **50**



Miami Is Looking Up—as its modest skyline spirals toward a new, big-city look. **62**



Football's Bill Walsh—has turned the San Francisco 49ers around, and he's not letting them look back. **44**

When you have—a transplant organ need, or organs to give—call.

THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover painting by Lucian Lupinski)

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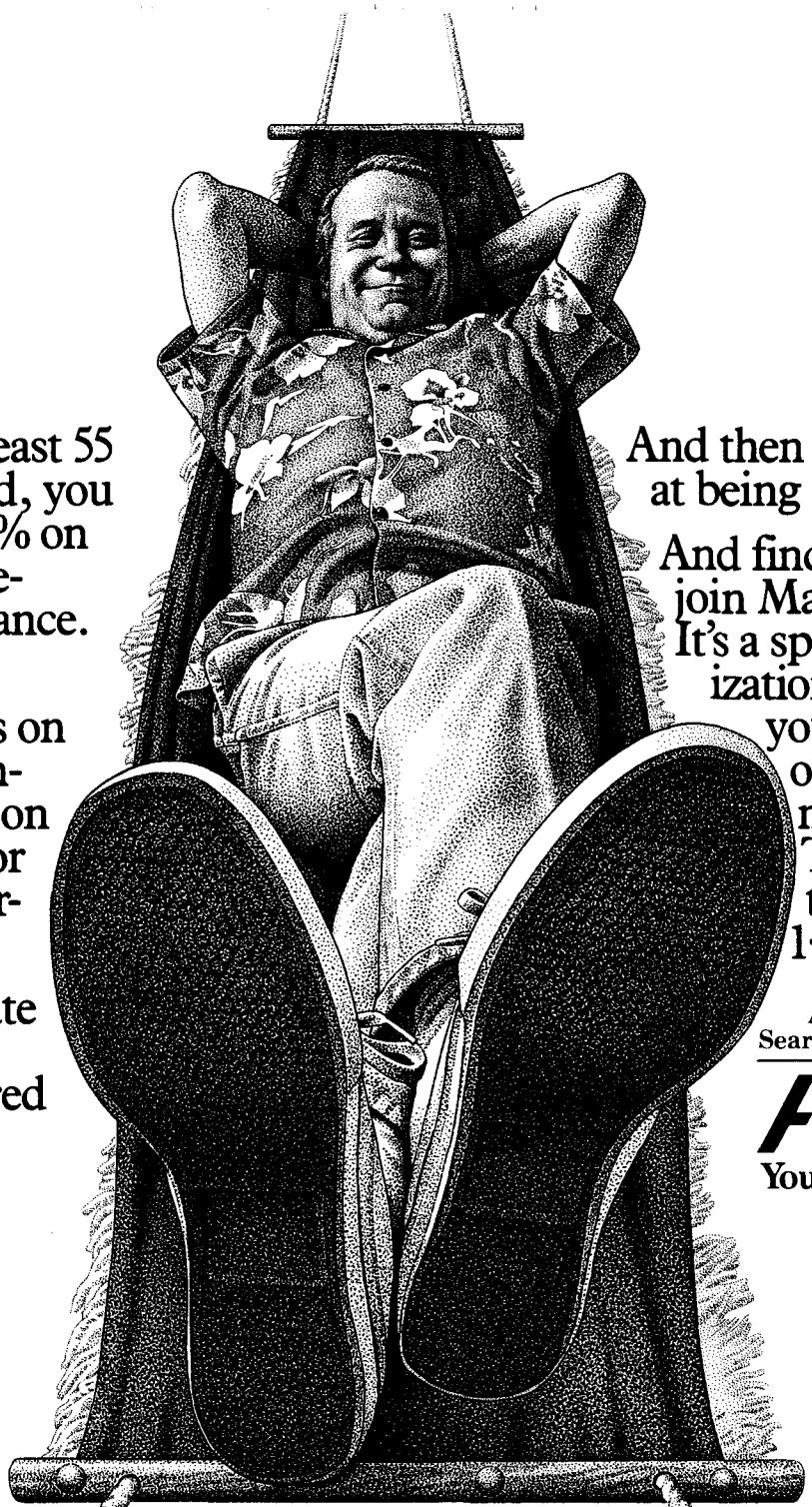

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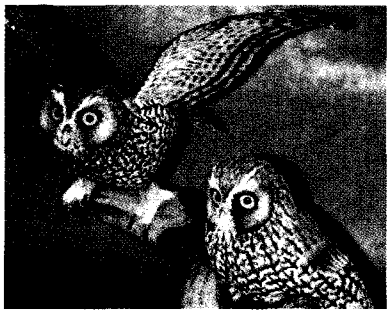
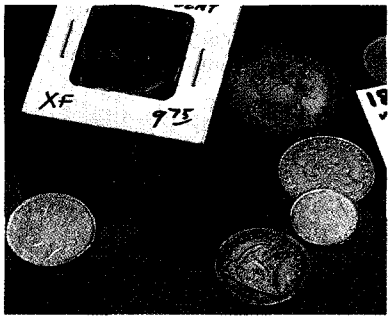
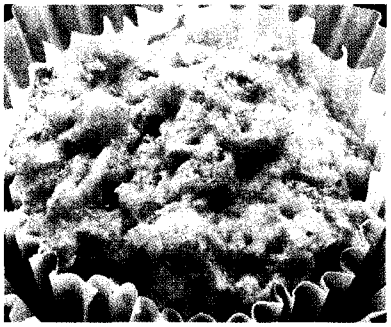


Birds of a Feather—are actually of wood in the stop-action wildlife creations of Jules A. Bouillet. **48**

A Visit with Alabama—whose country music is a fervent celebration of down-home values. **46**



Once Rejected Coins—are now worth a mint to those who had the good "cents" to save them. **28**



Do It Up Brown—in your microwave with whole-grain meal and flour. **84**

Concerned Women for America—led by Beverly LaHaye, are lobbying to protect the rights of the family. **70**

Letters

Raised by *Post*, Lowered by Shingles

My husband had a bad case of shingles two years ago this month. He hasn't been the same since. Of course he is 83, but he was the strongest man for his age I ever met—before shingles. I read your article in *The Saturday Evening Post* and put him on L-lysine. I took him to four doctors and received no help.

I give him five (500 mg) tablets of L-lysine every day at mealtime. I tried to cut it down to one (500 mg), and he immediately got a bad cold sore.

He has a good appetite but is skin and bones. He sleeps in a big chair. I give him megadoses of vitamins and am now making carrot juice for him. We are looking forward to the corn meal.

I was practically raised on *The Saturday Evening Post*. I am 81 and remember the wonderful stories by Clarence Buddington Kelland and Booth Tarkington. Oh, how I wanted a beautiful collie. I remember one story by Tarkington, I believe, called "Crossing the Line" that made a big impression on me. I never forgot it.

Lucy Groenig
Seattle, Washington

They Luv Him True

I must write to commend you for the thoughtful and well-written article by Jay Stuller, "Legends That Will Not Die," which appears in the July/August 1985 issue of *The Saturday Evening Post*. I also thank you for the beautiful cover picture of Elvis Presley.

As one of those people who still refer to Elvis in the present tense, this article hit very close to home. Even feeling as I do about Elvis, I am unable to explain why the love for and devotion to him will never die. I simply know it won't.

The five people written about in this article are indeed unique, and because Marilyn Monroe is so fresh in my mind, it stunned me to learn that she has been gone from us for 23 years.

Pat Geiger
North Springfield, Vermont

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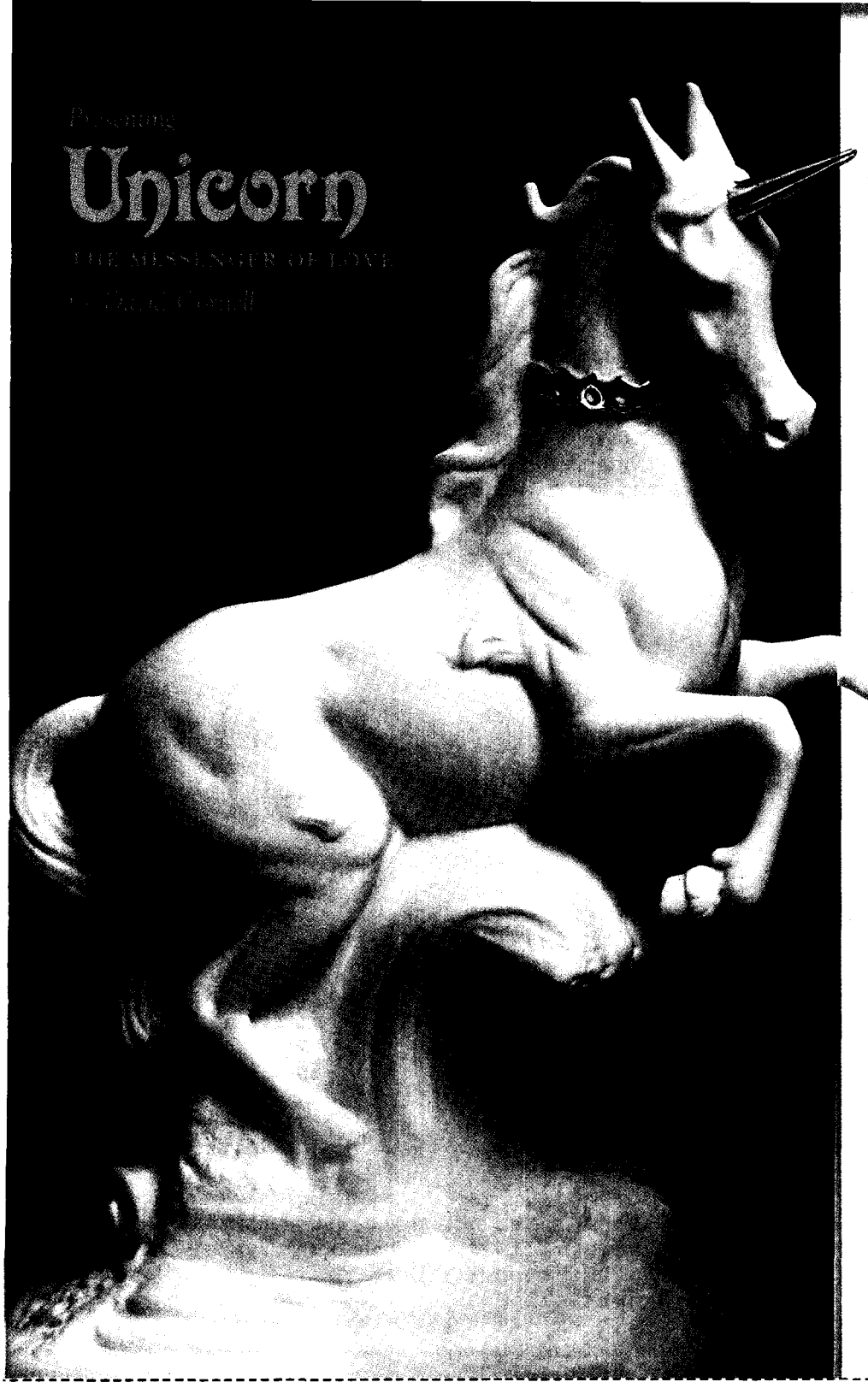

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Created by an acclaimed British sculptor, "Unicorn, The Messenger of Love" is a triumph of artistry and imagination—a regal interpretation of a wondrous creature.

Each sculpture will be *individually hand-cast and hand-finished.* Each will be crafted in fine European bisque—the porcelain identified with many of the world's most treasured works of sculpture. And, finally, the Unicorn's horn and collar will be *hand-decorated with pure 24 karat gold.*

This classic sculpture is available *exclusively* from The Franklin Mint and only by direct order. The issue price is $120, which is payable in four convenient monthly installments of $30 each.

A Certificate of Authenticity will be provided with your sculpture—attesting to its status as an original work by David Cornell. A specially-prepared reference folder will also be included, discussing the life and career of the artist.

To acquire "Unicorn, The Messenger of Love"—as a fascinating conversation piece and an enchanting addition to your home—simply mail the accompanying order form directly to The Franklin Mint, Franklin Center, PA 19091 by November 30, 1985.

Shown smaller than actual size.
Height: approximately 9 inches.

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UNICORN, The Messenger of Love

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please accept my order for "Unicorn, The Messenger of Love," an original sculpture by David Cornell, to be crafted for me in fine European bisque porcelain and hand-decorated with pure 24 karat gold.

I need send no money now. I will be billed in four equal monthly installments of $30.* each, beginning when my sculpture is ready to be sent to me.

*Plus my state sales tax.

Signature _____

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ORDER FORM

Please mail by November 30, 1985.
Limit: One sculpture per order.

Mr. / Mrs. / Miss _____
PLEASE PRINT CLEARLY.

Address _____

City, State, Zip _____

Telephone No. (_____) _____
IF WE NEED TO CONTACT YOU ABOUT YOUR ORDER.

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Thank you so much for the cover and article, "Legends That Will Not Die," August '85.

I, along with 17,000 other fans, saw Elvis Presley perform in February '77, six months before his death. He was still wonderfully handsome, his famous smile never brighter, his beautiful voice never better and his charisma never stronger!

"His career in a midlife slump"? Not on your life—not then, not now, not ever!

Laura Conner Illes
Hollywood, Florida

Thank you so much for your article on Elvis Presley, "Legends That Won't Die," in the August 1985 issue.

As stated in your article, it is true that his fans flatly reject or overlook his failings, for they plainly do not matter. His failings only made him more human, for none of us are without faults. They only made us feel closer to him; besides, any fault he might have had was so tremendously overshadowed by his talent and his love for his fans.

I too go to Graceland whenever possible in January and in August. Elvis gave a special love to his fans. It was a love that we could see in his face and hear in his music; that he gave and projected to us and we gave back. When asked why I feel the need to go to Graceland so many years after he is gone, I can only think of the love and the memories. I go to share this love and those memories with all the others who are there and who love and remember him for all their own reasons. A spark others might not see still burns within each fan, for each of us holds deep inside his own special memory; no planning for the future, no concerts to look forward to—our memories must last. My memories are good ones and they *will* last forever.

When I heard of his death I was devastated. I truly felt as if I had lost my own son or a brother. He was one of us. Elvis truly was and is a very, very special person. He will always be loved by millions. He brought joy and happiness to more people than even he ever knew.

The last time that I saw Elvis in person was at the Omni here in Atlanta on December 30, 1976. It was my 30th birthday and I had a front-row seat; he was fantastic.

Pat Bowie
Douglasville, Georgia

Tongue-Lashing

I have read the article "Suing the Tobacco Companies" by Lawrence White. I was a heavy smoker until I quit at age 39. I had started smoking when I was a young teen-ager. My reason for stopping was as follows:

"Do you blame the previous administration, the present administration or future administrations?"

As a police detective I witnessed numerous autopsies. At one autopsy of a murder victim who was a heavy smoker, I observed his lungs to be a dirty black color, like two slabs of Illinois soft coal. To me that was positive proof that smoking was very bad for your health. So I quit. That was in 1952.

Robert J. Marx
Appleton, Wisconsin

Thanks for the Recipe

I am submitting my recipe in hopes it is selected to be published.

Southern-Style Pancakes with Apples
(Makes about 12 pancakes)

1½ cups different types of cubed fresh apples
1 tablespoon soft margarine
1 cup high-lysine corn meal
1½ cups all-purpose flour
1 teaspoon cream of tartar
1 teaspoon baking soda
½ teaspoon salt
1 egg
¾ cup buttermilk
Vegetable oil as needed for the griddle

Peel, cut apples into ½-inch squares and sauté in soft margarine until soft. Combine next five ingredients in bowl. Add egg; stir in buttermilk. When right consistency, add apples and grill on griddle. Natural maple syrup may be used, if desired.

Not only is this recipe using the lysine corn meal nutritional, but each pancake has about 96 calories. The apples help reduce cholesterol, and the cream of tartar and baking soda replace baking powder, thus reducing sodium intake.

Delores S. Jones
Riverdale, Maryland

The Road to Health

Thank you very much for sending the Mother's Oat Bran cereal. I've been hooked on a lot of things, and this just may be my next addiction.

You certainly were an inspiration regarding nonsmokers. Now, whenever I get on a plane I sniff around for 20 minutes before I sit down.

Certainly enjoyed my meeting with you, and I appreciate your thinking about my health.

Bob Hope
North Hollywood, California

Change of Course

Arnold Palmer did not "draw up plans" ("Golf Courses the Pros Love to Hate," July/August 1985) for the Bay Hill Club in Orlando, Florida. He bought it after it was built. The first 18 holes were designed by Dick Wilson and built by Robert Simmons. Later an additional 9 holes were designed and built by Simmons. Wilson, now deceased, was a top-notch golf-course architect, and Simmons has built some of the finest courses in the United States, Canada and the Bahamas.

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The Saturday Evening Post is our favorite magazine, and we are always interested in the Christian and health-related articles. Thank you for your high standards!

Cinda Rutherford
Kokomo, Indiana

Breathing Easier

I have just read your article "Let's Hear It for Lungs" (June 1985). I am a nursing student intent on keeping abreast of the latest medical advances. It is so heartening to know there is hope for those who suffer from lung diseases. Dr. Joel Cooper is to be commended for his efforts in his profession, and you for informing the public.

Dianne Barefoot
Vicksburg, Mississippi

Shucked Shingles

The Saturday Evening Post is the greatest; always was and hope it always will be. All the articles are so concise and written in such a way that you don't lose interest halfway through.

Your articles on shingles and lysine were of great help to me, for I had shingles at the time and followed your articles closely until my shingles left.

I am very much interested in the articles you present every Friday on "The 700 Club LifeCare Digest." They are only shown on cable in Miami; inasmuch as we do not have cable, how can I obtain these articles? If there is a chance, we will be happy to remit. All of the articles listed in the July/August issue are of great interest to us, and I am hopeful that I will receive a positive answer on how we can obtain these articles.

We receive a monthly health letter from the Mayo Clinic, but it does not compare to your articles.

If these articles are available by mail, please place me on your mailing list. We will send a check promptly.

Patricia E. Och
Miami, Florida

Topics from "LifeCare Digest" are listed on page 75 of this issue. If you will select the subjects of interest to you, please send your list to LifeCare Digest, P.O. Box 567, Indianapolis, Indiana 46206. We will forward to you the articles and scripts from the programs you have chosen. Please send a tax-deductible donation in amount to cover our costs.

Hard-pressed by Presley

I have been reading your magazine since Benjamin Franklin published it, I think. I have enjoyed it more and more during its recent identification with health, nutrition and quality life. Of course it has always been into quality life the American Way, but during the past ten years it has given the Christian point of view a fair shake; it was among the earliest to catch on to the *disease* aspect of alcohol and drugs, and it rarely, if ever, advertises cigarettes or booze.

As a director of a youth ranch whose mission is prevention of drug and alcohol use among teen-agers, and being deep into getting these kids established along alternative life paths, I am hard-pressed to explain to myself or to them how you came to the decision that Elvis Presley, in beaded costume, is an appropriate person to merit your cover.

Perhaps in dealing with the five

continued on page 10

"Because it's gentle." "Because it's predictable."

More and more people are discovering all the good reasons for using Feen-a-mint Pills for constipation: Gentleness, predictability and relief. And unlike the laxatives most people use, Feen-a-mint® Pills.

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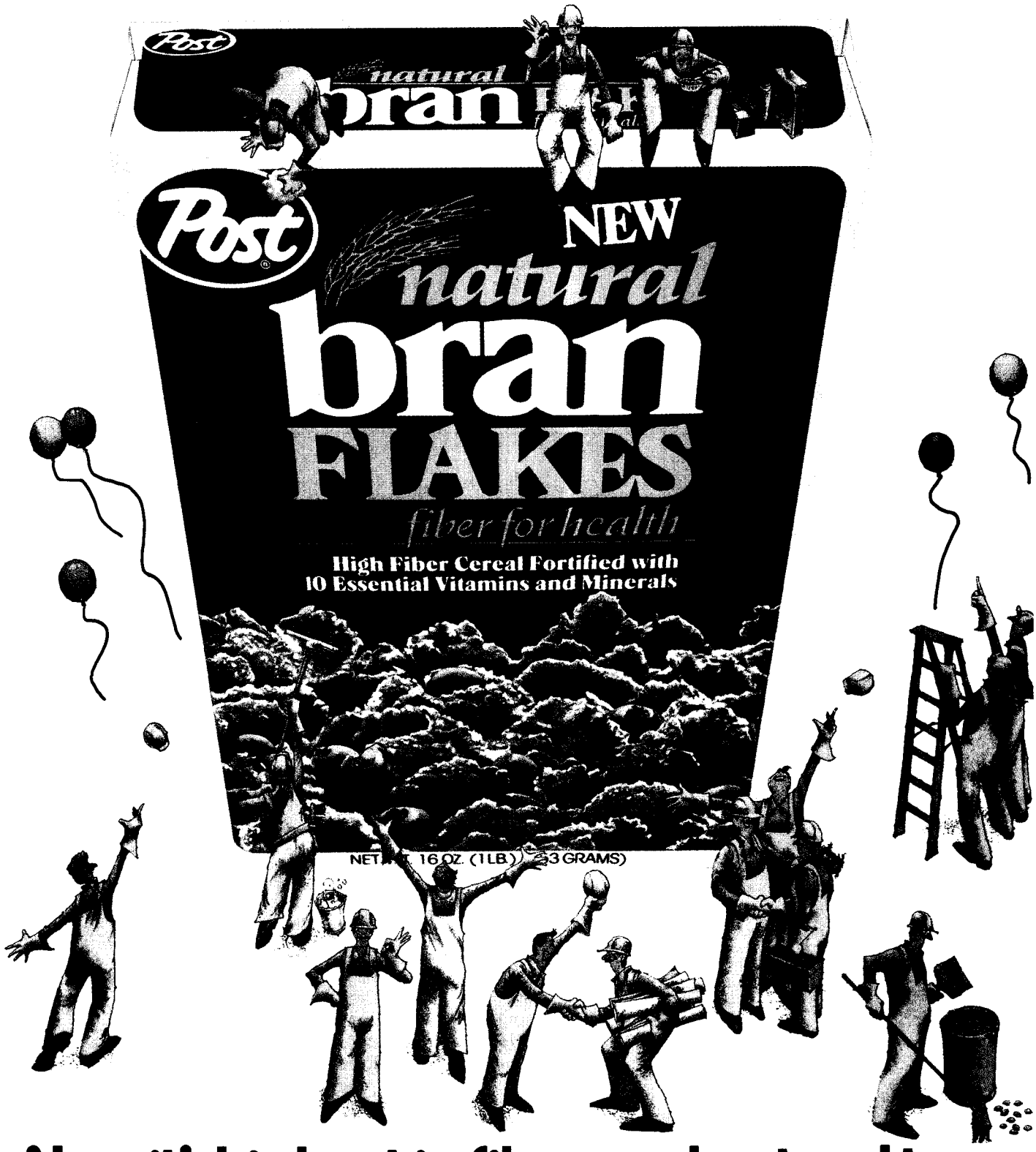

Now it's highest in fiber and natural too. Introducing Post® Natural Bran Flakes.

Being the best tasting bran flake didn't stop us from trying to give you more.

Like more fiber. So now you can enjoy the highest fiber bran flake.

Plus more crunch. Because when we bake this whole grain goodness into every flake, our bran flakes are the crispiest.*

And since we add no preservatives, we wanted you to know we're natural just by looking at our box.

New Post® Natural Bran Flakes. Remember, we've done more than just change our name—now we're the best tasting, highest fiber bran flake.

GENERAL FOODS

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"legends," you found it tough to find a clean life in the physical, mental, spiritual dimensions you seem to promote in word and picture. Perhaps that fact contributed to their legendary status. Perhaps that is why dependency on drugs or alcohol directly or indirectly kills more of us every year than any other single thing.

Heath Bottomly
Colonel, USAF (Ret)
Fort Jones, California

Risible Ridicule

I could hardly believe the complaint by one of your readers concerning the article titled "You Know You're Getting Older When . . ." which was in the May/June '85 *Post*. Believe me, I'm well into the category sometimes called the aging, and I thought it was hilarious. When, or if, we Americans get to the place where we can't poke fun at ourselves we are in real trouble.

Continuing on through your September issue, reading the jokes and cartoons I found the following "objects of ridicule":

1. Overweight people
2. Women going through menopause
3. Drunks
4. Preachers
5. Infidelity
6. Football players' lack of intellect
7. Smokers
8. Mugging

Have you had complaints about any of these?

E.V. Denny
Wichita, Kansas

Lysine circa 1906

Recently my wife showed me a communication from you stating your case for lysine to reduce the incidence of cancer. I commend you for describing the empirical data from your survey in such detail. This certainly supports your view of lysine as an "inhibitor" of cancer. I liked your approach to the description of your position.

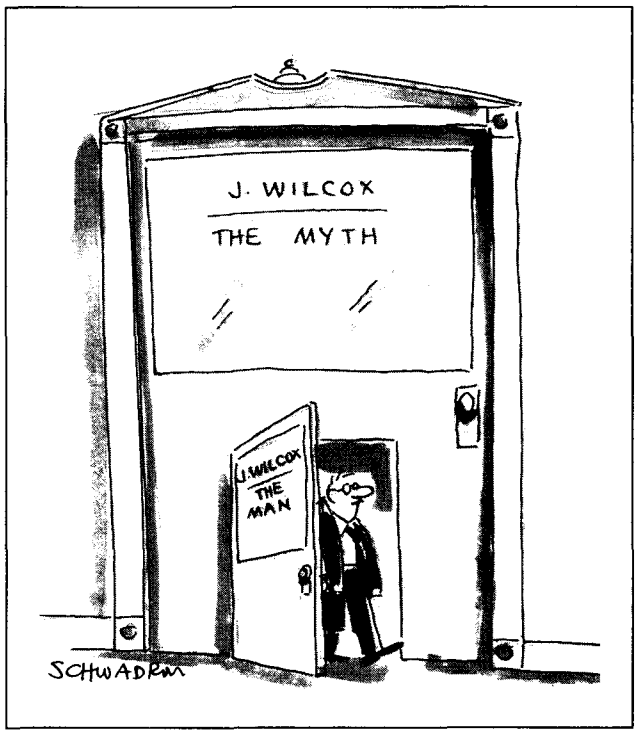
Your letter also reminded me of something I had learned many years ago about lysine—that it was indeed a *vital* amino acid and that animals required it. I was at a loss to find the specific reference in my meager library, but in a dated organic textbook by Fieser and Fieser I found a date given (1906) when an unknown researcher fed zein [a soft, yellow powder obtained from corn] free of lysine to rats and found that they did not maintain body weight. The rats that had lysine in their diet got along fine.

Thank you for your fine work.

Roger W. Amidon, Ph.D.
Spartanburg, South Carolina

A Cry of Pleasure

For 15 years now my sons and I have traveled to Shelton, Washington, to visit and work around the home of my aging uncle, who is now 90 years old. He deserves a better shake than his own family has given him, for at times we've found the grass as high as five feet. I go because he rescued this high-school dropout and got him back in school, took me hunting and fishing and helped me think for myself.



The boys and I have never asked for anything, but he has given us magazines for years. One of them has been *The Saturday Evening Post*; the recent story "What a Boy Wants" along with many years of free magazines has been a more than fitting and proper reward for us as tears ran down our cheeks while we read the emotional and yet realistic story. You see, one of my sons was another Randy Johnson—even to the bones and the glasses—except the sport was different.

Warren S. Pugh
Lynden, Washington

Like Father, Like Daughter

I am 81 years old, born on a farm in Ontario, Canada (now a U.S. citizen), and even when I was a child, my father would not grow tobacco (yes, they do grow tobacco in Southern Ontario), because he thought it was wrong.

Subsidizing the tobacco industry has been upsetting me for years. Why can't we voters do something about it? It is wicked for us to let this continue when we know what it is costing us in lives, especially now that they are putting on such a drive to sell their smokeless tobacco. I think we should indeed ban advertising by sports personalities and the selling of it to minors, but we should go further—we *must* get rid of, the subsidization of the tobacco industry. Let us all join in pestering and making life miserable for our government representatives until we get rid of it. Don't forget—we are all paying for this subsidization, and I for one am angry about it. Let's get rid of it!

Can you get us a figure on what we pay the tobacco industry for this subsidizing? Maybe that will really get us "mad."

G. Marie Betts
Daytona Beach, Florida

With Friends Like This . . .

A year ago today my oldest sister died. Her name was Ruth. She died a slow, tortured, agonizing death. She could no longer move, or speak, or feed herself, or breathe. It was all being done for her by the nurses who watched her around the clock, and by the hoses and tubes that were poked into her throat, both wrists and other places too. She couldn't change her position, she couldn't lie on her side or stomach, and she didn't have the strength to concentrate on television or enjoy it any more.

She could feel and think as always, but she could only listen to the conversation around her and nod her head slightly in response to that directed to her. She tried to talk with

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her eyes, but we were clumsy at understanding her unspoken words. She was once strong, with iron for will, or she could not have lasted so long as she did. At that she was only 63.

She had been visibly dying her agonizing death slowly for over ten years. In reality she didn't just die. She was murdered by one of her closest friends, one she had known was not a true friend for a long time, but still would not part from.

Her friend's name was Cigarette.

Marjorie E. Cowardin
Newhall, California

Adverse Ads

Kudos to *The Saturday Evening Post* editors for your July/Aug. '85 article on "Suing the Tobacco Companies."

I have requested all my immediate family to read this article and am mailing it to a friend whose 16-year-old son is into "dipping snuff" because it's "macho."

I for one am canceling my subscription to any and all magazines that advertise tobacco, and commend you for not succumbing to the powers of the tobacco industry and keeping the *Post* clean and free from such advertising.

Recently I wrote to my favorite magazine, one that subscribes to healthy living, and chastised them for the large and colorful tobacco ads. How could they publish such material?

We can stamp this out if we all cooperate and refuse to buy products magazines, TV or otherwise, that are so greedy they fall prey to the tobacco companies.

Let's all be heard from. If you've ever watched a loved one die of lung cancer or oral cancer—cancer of any kind—you could not choose to ignore the dangers of cigarette smoking or the risks of using smokeless tobaccos.

Thank you for being the sort of publishers that care about other human beings and wish to preserve lives.

Ruth Shahan
Tacoma, Washington

Cure for Joke Jaundice

In answer to "Jaundiced Jokes," I must say that when you no longer can laugh at yourself, you are to be pitied.

A group of senior citizens meets once a week in my home. We read "You Know You're Getting Old When. . ." aloud and laughed until we cried. Some of us even had copies made.

A good laugh is worth all the medicine in the world. That was one of the funniest collections I've ever seen. Keep it up for us oldsters!

Betty Baker
Findlay, Ohio

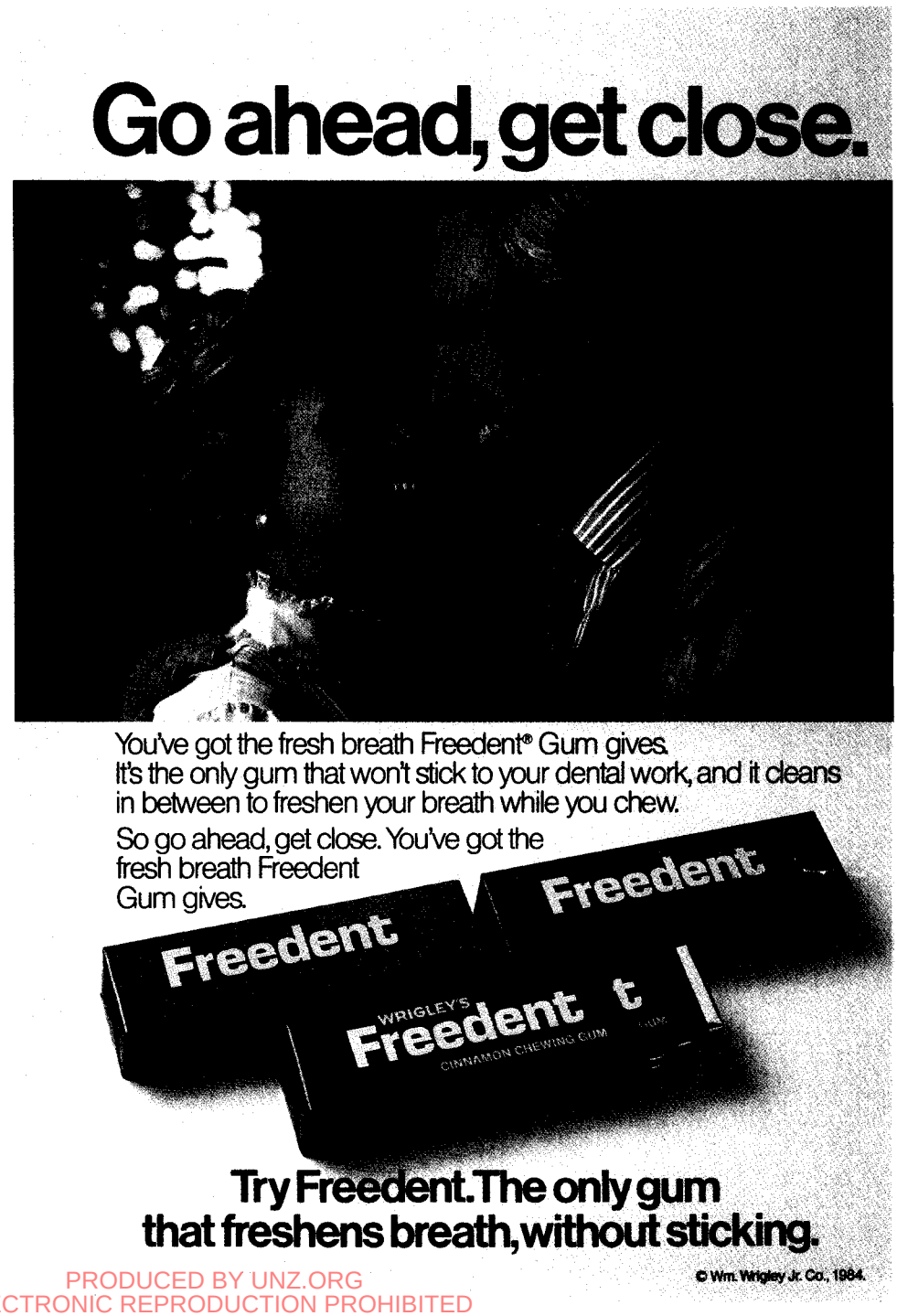
Quarterly Profit

Your September "Battle of Squashy Hollow," by P.G. Wodehouse brought back old memories via your biography on Wodehouse, which was included with the main article. Detailing his first story in *SEP* 70 years ago brought to mind the first buck I ever made as a kid was when I worked for the Curtis Publishing Co., 65 years ago.

Each Friday afternoon I would find 20 copies of *The Saturday Evening Post* delivered—neatly tied and postage paid. I would mail the *Post* for two quarters—50¢ for the 20 copies. I sold them for a nickel—100 percent profit.

How did we both ever do it?

Walter Bogue
Point Pleasant Beach, New Jersey


Go ahead, get close.
You've got the fresh breath Freedent® Gum gives.
It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.
So go ahead, get close. You've got the fresh breath Freedent Gum gives.
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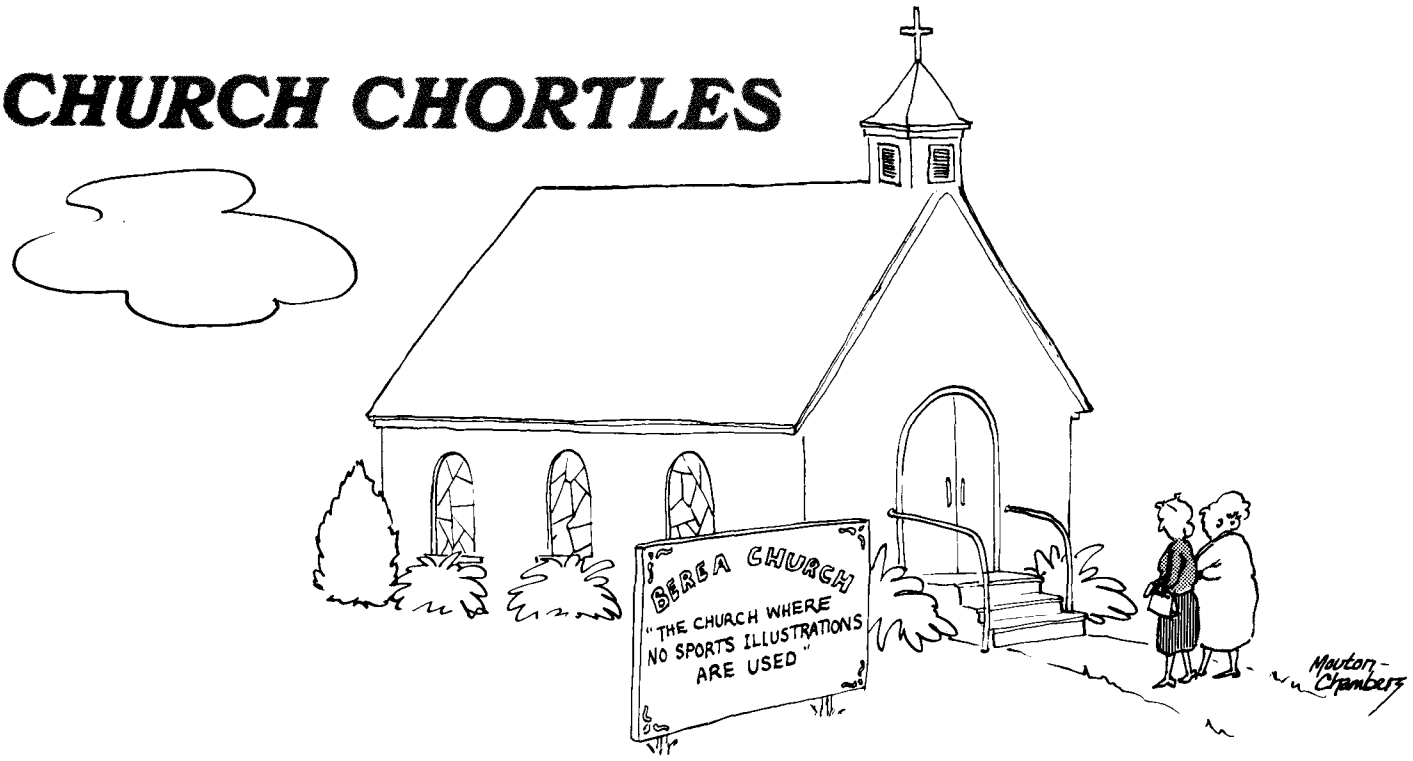
CHURCH CHORTLES



"Last week I did unto Billy and Marilyn Sue like you say we should, but they didn't do back to me, so next week I'm just gonna forget it!"

"Would you now please access Matthew 11:12 on your King James terminal?"

"Has anyone ever told you that you're delightfully irreverent?"

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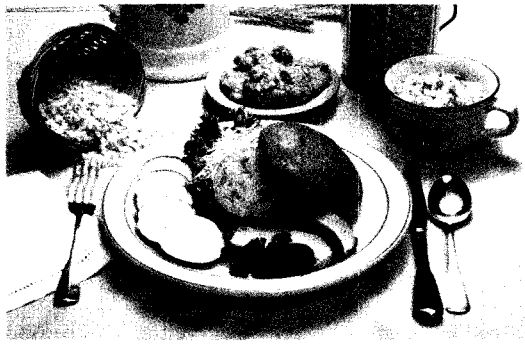
AT LAST!

NATURAL FOOD PRODUCTS

High Lysine High Fiber

Made with whole Triticale, Wheat & Whole Sweet Lupini.

Triticale Waffle *Triticale Cereal*



Triticale Bun *Lupini Soup & Salad Noodle*

Triticale Lupini Pasta *Lupini Soup & Salad Noodle*

Better than high Lysine Corn. Better than Whole Wheat.

	Protein	Lysine	Dietary Fiber
High Lysine Corn	8%	.45%	7.5%
Whole Wheat	13%	.35%	9.6%
Triticale	16%	.88%	14%
Sweet Lupini	35%	1.6%	28%

An old Italian tradition, the high protein Lupini is gaining world wide acceptance. A pea-like plant, the lupini is a familiar food staple through Italy, Greece, Egypt, Ethiopia, Algeria and much of north Africa. Fifty years of selective plant breeding has gradually resulted in an improved Sweet Lupini. Remarkable for its high lysine and fiber content, the Sweet Lupini also contains high levels of calcium and vegetable protein. These proteins are especially unique as they are both non-gassy and easily digested, even by the most sensitive stomachs.

The high lysine and gentle soluble fiber of Triticale combined with the wonderful Lupini results in the finest food products available today.

Now you can serve your family a variety of high lysine, high fiber foods. A different menu for each day.

Good Earth Agri Products, Inc.™
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Upon your request we will deliver our *Seed to Health*™ Starter Kit of 10 of the finest and most nutritious high lysine, high fiber food products ever made.

Your *Seed to Health*™ Starter Kit will include:

1. 1 lb. *(16 oz.)* Whole Triticale Flour *(for bread and rolls)*
2. 1 lb. *(16 oz.)* Rolled Triticale Hot Cereal *(for breakfast and cookies)*
3. 1 lb. *(16 oz.)* Whole Lupini Flour
4. 1 lb. *(16 oz.)* Triticale, Wheat & Lupini Natural Elbows
5. 1 lb. *(16 oz.)* Triticale, Wheat & Lupini Natural Pasta
6. 1 lb. *(16 oz.)* Triticale, Wheat & Lupini Natural Soup and Salad Noodles
7. 1 lb. *(16 oz.)* Wheat & Lupini Yellow Elbows
8. 1 lb. *(16 oz)* Wheat & Lupini Yellow Pasta
9. 1 lb. *(16 oz)* Wheat & Lupini Yellow Soup and Salad Noodles
10. 1 lb. *(16 oz.)* Whole Triticale Waffle-Pancake Mix *(whole Triticale flour, baking soda, baking powder, salt).* (Not Pictured).
11. Free Sweet Lupini Seed Sample
12. Free Triticale Seed Sample.

A FREE recipe booklet.

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Please Copy Your Card Number Accurately | Exp. Date

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Thanksgiving gifts? **Include needy families names and addresses on separate sheet and adjust your kit total.**

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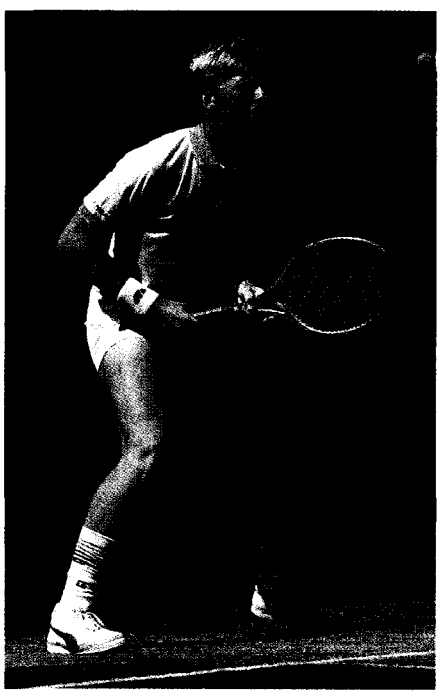
Post People

A troubled ***Laura Walker Snyder***, the daughter of the accused spy John A. Walker, Jr., called CBN's "700 Club" hotline two years ago. To the club's host, ***Pat Robertson***, she has ultimately revealed she was being blackmailed by her estranged husband: He threatened to expose her father's spy activities if she interfered with custody of their son, ***Christopher***. CBN urged her to make amends with her estranged mother, who upon learning of the alleged blackmail called the FBI to report the espionage—little realizing that her own son, Michael Walker, was also involved in the family spy ring.

Angela Lansbury has filled the only gap in a resume already the envy of her profession. She says the challenge led her to play the sleuthing mystery writer Jessica Fletcher on the CBS series "Murder, She Wrote." What can be left to conquer? "My last great ambition in life is to create a garden from scratch," the four-time Tony winner says.

The teen-age tennis phenomenon ***Boris Becker*** of West Germany is learning to master the fame and the

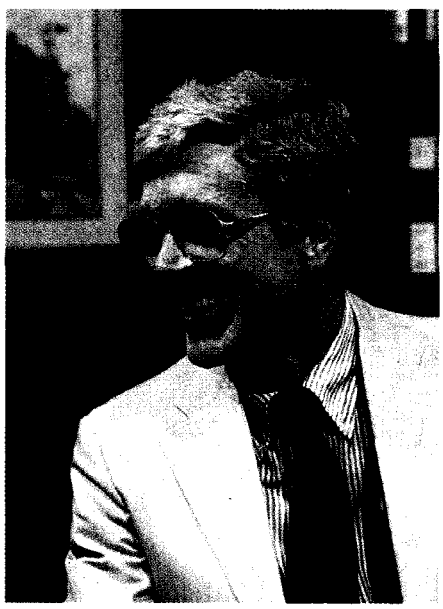


media attention that came with his historic men's singles victory at Wimbledon. The youngest and the first unseeded player to ever win at Wimbledon, Becker vows that the attention won't take away from his practice or his intense playing. "I am going onto the court to fight every ball. It was that way before Wimbledon. It is that way after Wimbledon."

The bad guy of "Dallas," the actor ***Larry Hagman***, would like to be a good-guy role model for kids. "When I was a kid, all the role models smoked. Humphrey Bogart. Duke Wayne. Clark Gable. So we smoked,"

he says. Thus, Hagman is helping to create nonsmoking role models so "we can beat the tobacco industry at their own game."

Tom Rockwell says his children's book, *How to Fight a Girl*, was not based on experience. Neither (one may



hope) was his previous tome, *How to Fry Worms*. The writer resembles another famous Rockwell: *The Saturday Evening Post* illustrator Norman Rockwell was his father.

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Announcing an Official First Day Cover of America's new

Boy Scouts 75th Anniversary Stamp

issued by The Boy Scouts of America and available for just $1 each

Boy Scouts 75th Anniversary

For seventy-five years, Scouting has shaped today's youth into tomorrow's leaders.

CHICAGO, IL
OCT
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FIRST DAY OF ISSUE

Full-color work of art by the American artist and scouting enthusiast Norman Rockwell.

The First Day of Issue postmark records the date and place where the stamp was first issued, certifying it as a First Edition.

America's new Boy Scouts stamp will be issued very soon on October 7, 1985.

First Day Cover shown actual size of 6½ by 3⅝ inches. Both stamp and postmark are artist's concepts.

From hiking through the woods and sharing ghost stories around a crackling campfire . . . to proudly wearing the uniform . . . and learning to canoe, tie knots and above all, to forge friendships — scouting holds fond memories for more than 70 million Americans.

More than this, scouting has given America some of her most outstanding citizens *and leaders*. For, every Boy Scout learns to be honest, loyal and trustworthy — and strives "to do his best to do his duty to God and his country."

America's new Boy Scouts stamp

Very soon, in grateful response, America will issue a new postage stamp to honor The Boy Scouts of America on its historic 75th Anniversary. To be issued on October 7, 1985, this stamp will be sought after not only by collectors and scouting enthusiasts, but by *everyone* whose life has been uplifted through scouting.

The Boy Scouts 75th Anniversary Official First Day Cover

You can acquire a First Edition of this desirable new stamp, which uniquely commemorates the Boy Scouts 75th Anniversary. Issued by The Boy Scouts of America, this distinctive First Edition will be certified as a genuine limited edition by the important First Day of Issue postmark — officially applied by the U.S. Postal Service.

Importantly, this *Boy Scouts 75th Anniversary* Official First Day Cover will bear a reproduction of a painting by beloved American artist and scouting enthusiast, Norman Rockwell. This nostalgic painting depicts a Boy Scout dressed in traditional uniform, surrounded by the familiar golden Boy Scouts emblem and a collection of hard-won merit badges. You may purchase this desirable tribute to the Boy Scouts of America for yourself, your children . . . even all the boys of your favorite troop . . . at an amazingly affordable price.

For each Official First Day Cover is priced at just $1. A single charge of 50c will be added to cover shipping and handling, no matter how many Covers you order.

To order your *Boy Scouts 75th Anniversary* Official First Day Covers, postmark the attached Order form by October 15, 1985 and mail it to Fleetwood, One Unicover Center, Cheyenne, Wyoming 82008-0001, which has been officially appointed by The Boy Scouts of America to produce the Covers and process and ship all orders. We unconditionally guarantee your satisfaction. Order today

ORDER FORM

Boy Scouts 75th Anniversary Stamp

Official First Day Cover
Order Deadline: October 15, 1985
Official Issue Price: $1 each

The Boy Scouts of America

The Boy Scouts of America
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Cheyenne, Wyoming 82008-0001

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The Post is a treasured tradition that informs and entertains the whole family, with features on famous personalities and inspiring biographies of Americans whose lives exemplify the best in our country—plus health information, the latest in disease prevention, award-winning humor, fiction and tempting recipes. This gift may bring better health to your family or friends.

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THE SATURDAY EVENING POST

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E SOUP'S ON

The secret to a great soup boils down to a full-bodied stock and your favorite recipe.

by Patrick Perry

The tantalizing aroma of a homemade soup, simmering all day on the kitchen stove, has stirred our appetites for centuries. Both Queen Elizabeth I and Queen Victoria habitually awoke to a breakfast of mutton broth. The composer Giuseppe Verdi felt a little "off-key" without his daily dose of noodle soup. Indeed, every country or people has its own favorite soup—Italy, its minestrone; Russia, borscht; France, pot-au-feu; and China, the delicate yen-wo-tan, or bird's-nest soup.

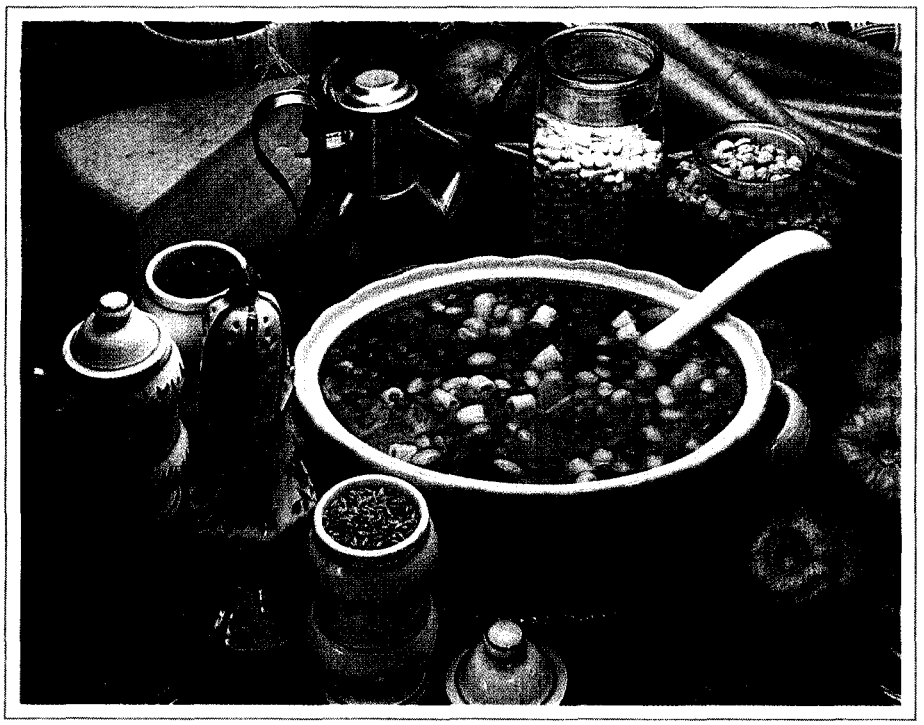
America's foremost soup is a little harder to pin down. We love our tomato, prize our vegetable and prescribe our chicken noodle for colds and the flu.

While chefs may quibble over favorite recipes, none will dispute that a good stock is the basis for a full-flavored soup. Here are some helpful rules of thumb to ensure a super stock. Begin your stock with cold water; hot water will sear the vegetables and the nutritious juices that should become part of your stock. When adding bones, break them into small pieces; the marrow will add body. Make sure the vegetables are cut into larger pieces. Larger sections will be less likely to fall apart during cooking and to cloud your stock. For a deeper color, add a few onion skins to the pot.

Keep the ingredients well-balanced. Too many tomatoes, onions or spices can overpower the stock. Simmer the stock very slowly on low heat for several hours to retain the maximum flavor and nutrients. Strain through several layers of cheesecloth or clean dishcloth to remove bones, fat and other ingredients.

Stocking up on stock will save you hours of preparation when it comes time to make the soup. A single stock can be used in different ways. Fisherman's Wharf Soup with Rice, seasoned with wine and spices, combines the hearty flavor of shore stock with the fresh catch of the sea. For an international delight, Minestrone Abruzzese from central Italy is a classic combination of vegetables, beans and pasta.

When the recipe calls for a creamy texture, like Acorn-Squash Bisque, try substituting yogurt instead of heavy cream. Puréeing ingredients, as in the Potato Soup Purée, will also yield a smooth, delicate consistency.



Each region in Italy boasts its own minestrone. Minestrone Abruzzese's distinction is its seasonings: Fennel, basil, mint and garlic combined with beans, pasta and vegetables.

Minestrone Abruzzese

(Makes about 6 cups)

¼ cup dried lima beans
¼ cup dried great northern or other white beans
¼ cup dried lentils
2 ounces bacon, diced
6 cups water
1 can (16 oz.) whole tomatoes, broken up
1½ teaspoons salt
1 teaspoon crushed basil leaves
½ teaspoon fennel seed
½ teaspoon crushed mint leaves
½ teaspoon instant minced garlic
1/16 teaspoon ground black pepper
¼ cup tubettini (medium size)
1 cup sliced carrots
1 cup canned chickpeas, drained
1 cup frozen peas
1¾ cups (4 oz.) chopped spinach

Place lima and great northern beans in small saucepan; place lentils in another saucepan. Cover both with water. Bring to a boil; boil for 2 minutes. Remove from heat and let stand for 1 hour. In large saucepot cook bacon until browned. Add water, tomatoes, salt, basil, fennel, mint, garlic and black pepper. Bring to a boil. Drain lima-bean mixture and add to saucepot. Simmer, covered, until beans are almost tender, about 1 hour 15 minutes. Drain reserved lentils. Add to saucepot along with tubettini. Simmer, covered, 10 minutes. Add carrots, chickpeas and peas; simmer, covered, for 5 minutes. Add spinach; simmer, uncovered, for 1 minute.

Fresh Eggplant-Mushroom-Zucchini Soup

(Makes 1½ quarts; 6 servings)

¼ cup margarine

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If you want to QUIT for good... Your doctor can help

4 out of 5 people fail.

Fifty-six million Americans are smokers, and the majority of them want to quit. Thirty million Americans have tried... and failed. In fact, 4 out of 5 smokers who try to quit fail even short-term, and many of those who succeed short-term eventually return to smoking.

Why is it so difficult to quit smoking... for good?

There are three factors—social, psychological, and *physical*—that work together to continually reinforce the smoking habit. Social factors include the need to feel part of a peer group of smokers. Psychological factors include smoking cigarettes in stressful situations. These two factors must be addressed for smoking cessation to be successful. However, nicotine dependence is a third, often unrecognized factor that can undermine a smoker's willpower during attempts to quit.

Nicotine dependence is a powerful reinforcer of the smoking habit.

The average smoker gets more than 120,000 "nicotine jolts" in a year, as nicotine travels to the brain within 7 seconds of a puff from a cigarette. Recent studies confirm that many smokers develop a physical dependence on the nicotine derived from smoking cigarettes. Because the body becomes accustomed to the effects of nicotine, smokers trying to quit often experience withdrawal symptoms. These include craving for tobacco, irritability, anxiety, difficulty concentrating, restlessness, headache, drowsiness, and gastrointestinal disturbances.

How your doctor can help...

Treatment programs are now available to help smokers who genuinely want to quit. Your doctor can advise you on ways to overcome the physical symptoms of smoking withdrawal while dealing with your social and psychological motivations for smoking.

How a program can help...

If you sincerely want to quit and are determined to succeed, you have to confront all three factors of the smoking habit. You shouldn't expect to overcome your problem by dealing with only one factor. Your doctor can help you with all three factors by providing you with medication to overcome nicotine withdrawal, materials that address the social and psychological aspects of smoking, and valuable counseling and follow-up. Your doctor will determine what treatment is right for you.

Your doctor is the key.

Merrell Dow has conducted research in the field of smoking cessation and is providing support to health professionals to increase their effectiveness in helping patients who really want to quit for good achieve smoking cessation.

If you want to quit smoking, your chances are now better than ever before. See your doctor. Follow your doctor's advice. Once you start a quitting program, check back with your doctor to keep him or her informed of your progress. Patients who follow a program for 3 months are much more successful than those who follow one for shorter periods of time.

Merrell Dow

Dedicated to improving the health of Americans

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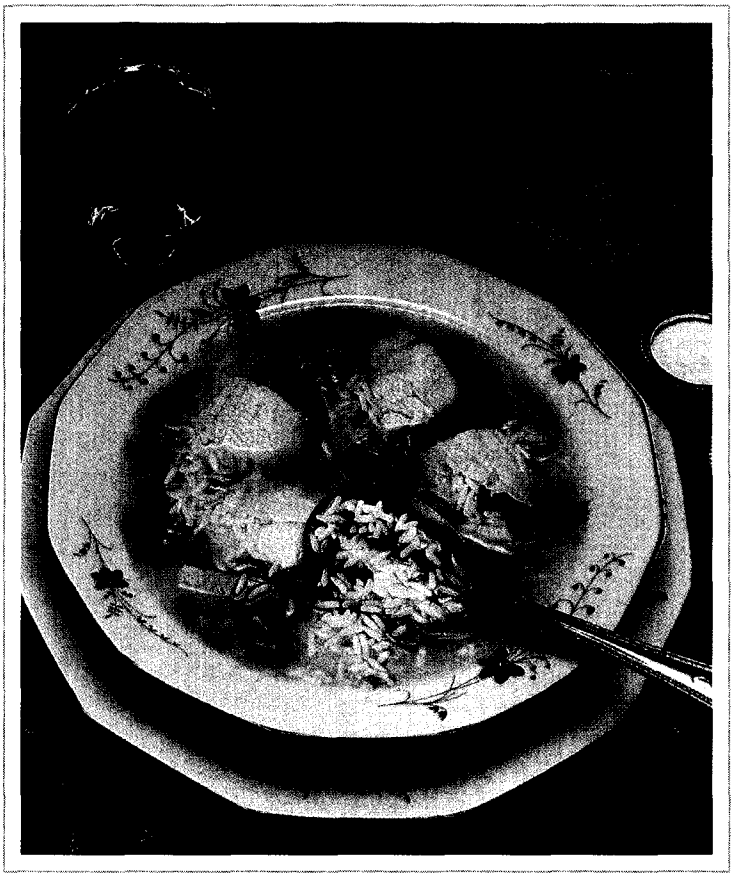
⅓ cup chopped scallions
½ clove garlic, mashed
¼ pound fresh mushrooms, sliced
1 eggplant, pared and cubed
3 tablespoons flour
1 can (10½ oz.) condensed beef broth
3¾ cups water
2 cups (2 large) zucchini, shredded, unpared
1½ teaspoons salt
⅛ teaspoon pepper
½ teaspoon dried-leaf oregano
1 teaspoon sugar
1 tablespoon fresh lemon juice

Melt margarine in large saucepan or kettle. Add scallions, garlic and mushrooms. Cook over low heat until vegetables are tender (about 10 minutes). Add eggplant and cook 5 minutes; stir occasionally. Sprinkle flour over vegetables and toss to mix well. Stir in undiluted broth and water. Add remaining ingredients and simmer uncovered for 30 minutes; stir occasionally.



Land and sea come together in Fisherman's Wharf Soup—a nutritious blend of rice, fresh fish, wine, spices and rich chicken stock.

Fresh Cabbage Soup
(Makes 7 cups, 6 servings)

¼ cup margarine
½ cup chopped fresh onion
½ cup sliced celery
½ cup sliced, pared carrots
3 tablespoons flour
2 cans (13¾ oz. each) beef broth
2 cups cubed, pared potatoes
4 cups shredded cabbage

In large saucepan melt margarine. Add onion, celery and carrots. Cook over low heat until onion is tender. Sprinkle flour over vegetables; stir to mix well. Stir in beef broth, add potatoes. Cover and simmer 30 minutes. Add cabbage. Cover and simmer 15 minutes longer. Garnish with chopped parsley.

Potato Soup Puree
(Makes 8 to 10 servings)

¼ cup margarine
1 cup chopped onion
1 cup diced celery
¼ cup chopped celery leaves
4 Idaho potatoes, peeled, cut in pieces
3 cups chicken broth, divided
1 teaspoon salt
¼ teaspoon celery seed
¼ teaspoon hot-pepper sauce
2 cups milk
2 tablespoons chopped parsley

In large saucepot, melt margarine; saute onion, celery and celery leaves until soft. Add potatoes, 2 cups chicken broth, salt, celery seed and hot-pepper sauce; bring to boil. Cover. Reduce heat; simmer 25 to 30 minutes, until tender. Purée potatoes with cooking liquid in food processor or blender. Return to saucepot. Add remaining 1 cup chicken broth, milk and 1 cup water; mix well. Heat; stir occasionally. Just before serving, garnish with parsley.

Acorn-Squash Bisque
(Makes about 4½ cups; 4 servings)

2 tablespoons margarine
½ cup chopped fresh onion
¼ cup chopped celery
2 tablespoons chopped celery leaves
2 acorn squashes, halved and seeded
1 can (13¾ oz.) chicken broth
2½ cups water
2 slices bread, trimmed of crusts and cubed
1½ teaspoons salt
⅛ teaspoon pepper
1 bay leaf
2 egg yolks
¼ cup heavy cream or yogurt
¼ teaspoon dried-leaf marjoram
⅛ teaspoon dried-leaf thyme

In large kettle, melt margarine; add onion, celery and celery leaves. Cook over low heat until tender. Add halved acorn squashes, chicken broth, water, bread, salt, pepper and bay leaf; simmer uncovered 45 minutes. Discard bay leaf. Remove acorn squashes, scoop out pulp and place in container of electric blender or food mill. Purée and add liquid and vegetables from kettle; cover and process until smooth. Pour soup into kettle or saucepan. In small bowl beat egg yolks and cream together and gradually stir into soup; add marjoram and thyme. Heat but do not boil.

Sun Valley Goulash Soup
(Makes 6 servings)

¼ cup vegetable oil
1 pound chuck, cut into ½-inch cubes
⅓ cup flour
2 large (2 cups) onions, chopped
4 teaspoons paprika
1 teaspoon dried-leaf marjoram
10 cups beef stock
4 large Idaho potatoes, peeled, cubed
1½ teaspoons salt
1 tablespoon chopped fresh parsley

Heat oil in large, heavy kettle over medium heat. Add beef; brown on all sides. Remove beef from kettle. Add flour; stir constantly until lightly browned. Add onions, paprika, marjoram, beef stock and browned beef. Cover. Simmer 1½ hours. Add potatoes and salt; simmer 15-20 minutes longer, until potatoes are tender. To serve, sprinkle with chopped parsley.

continued on following page

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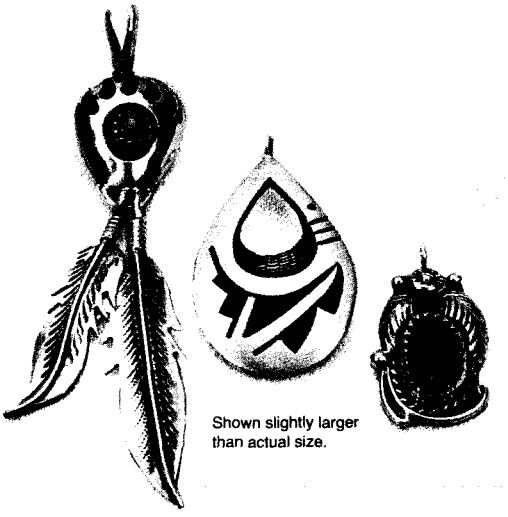
American Indian life and legends

AMERICAN INDIAN JEWELRY

Collection™

In that gems are used and the pieces are handcrafted, slight variations may occur from the pieces shown, however, your satisfaction is completely guaranteed.



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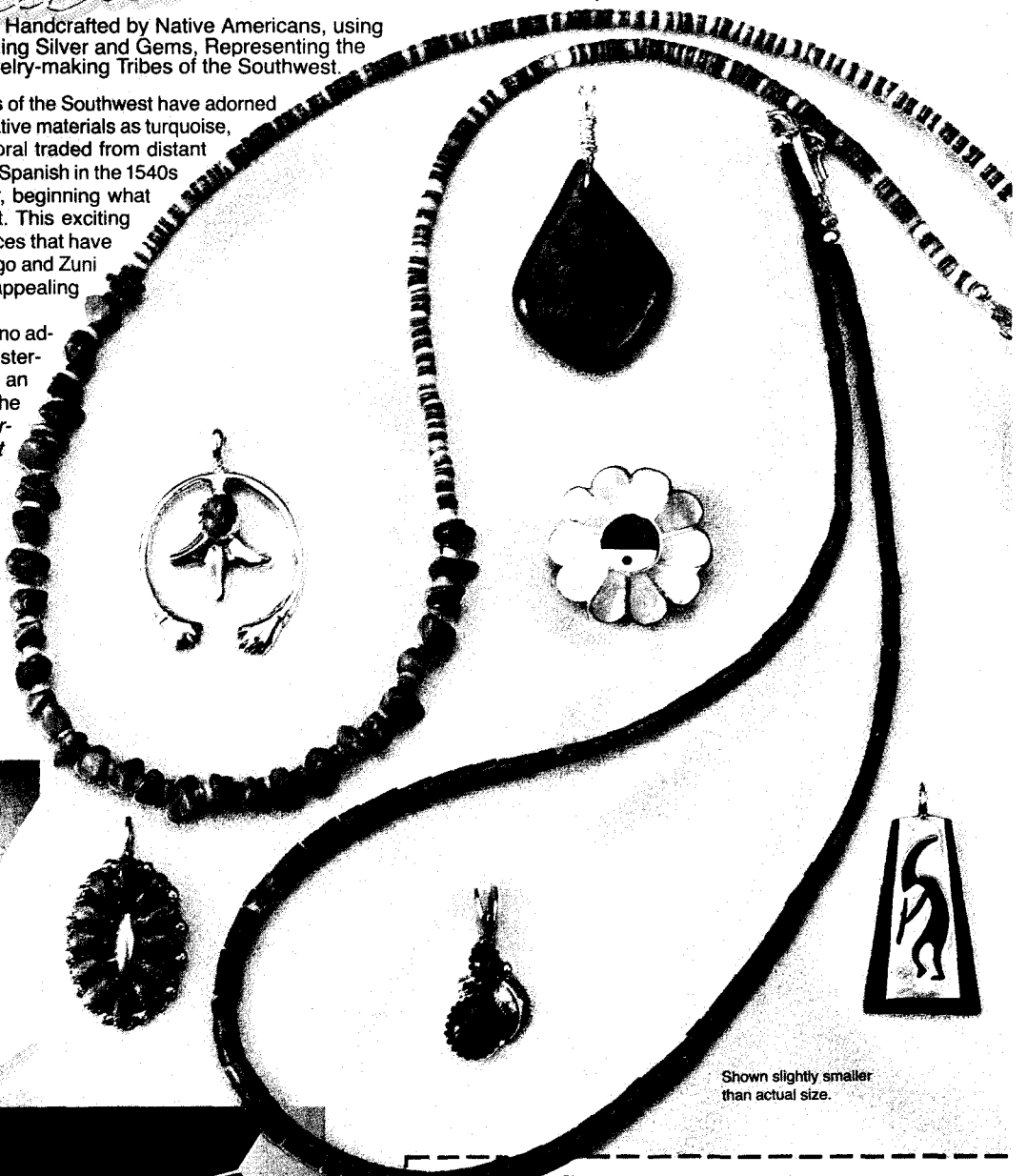
Since prehistoric times, Indians of the Southwest have adorned themselves with jewelry using such native materials as turquoise, bone and jet, and with shells and coral traded from distant coastal tribes. With the coming of the Spanish in the 1540s came the added dimension of silver, beginning what has now become a centuries-old art. This exciting and authentic collection presents pieces that have made the Hopi, Navajo, Santo Domingo and Zuni Indians renowned for their jewelry, appealing to men and women alike.

Complementing this collection, at no additional charge, will be heavy gauge sterling silver chains in two lengths and an attractive hardwood jewelry case. The final touches will be a copy of our *American Indian Jewelry of the Southwest . . . an introduction,* and a certificate of authenticity for each piece.

You may acquire this outstanding collection of twelve pieces at the convenient rate of one piece per month and at the price of just $24.50 for each piece. To start your collection now, call tollfree: 1-800-328-6488 (U.S.), 1-800-845-8834 (AZ only), or call collect, 1-602-526-0949, or please mail the subscription form below.



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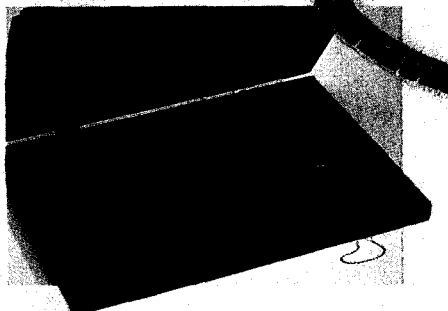

For those wishing to use certain pieces as gifts, additional chains may be purchased at a nominal price.

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Note: *A limited number of complete collections are available immediately.*

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Fisherman's Wharf Soup with Rice
(Makes 5 servings)

5 cups chicken broth
¼ cup dry white wine
1 tablespoon margarine or butter
1 teaspoon thyme leaves
½ teaspoon salt
⅛ teaspoon ground black pepper
1 bay leaf
½ cup uncooked rice
1 small cucumber, peeled, seeded and cut into thin strips, 2 inches long
2 ribs celery, sliced
½ cup sliced green onions including tops
1½ pounds fillet of sole or other white fish, cut in 2-inch pieces
2 cups torn fresh spinach
2 tablespoons snipped fresh parsley

In a large saucepan, combine chicken broth, wine, margarine or butter, thyme, salt, pepper and bay leaf. Bring to boil; add rice. Reduce heat and simmer 10 minutes. Add cucumber strips, celery, green onions and fish. Return to a boil, reduce heat and simmer 5 minutes. Stir in spinach and parsley. Simme 2 minutes. Remove bay leaf Serve immediately.

Connecticut Colonial Pumpkin Soup
(Makes 4⅓ cups or 4 servings)

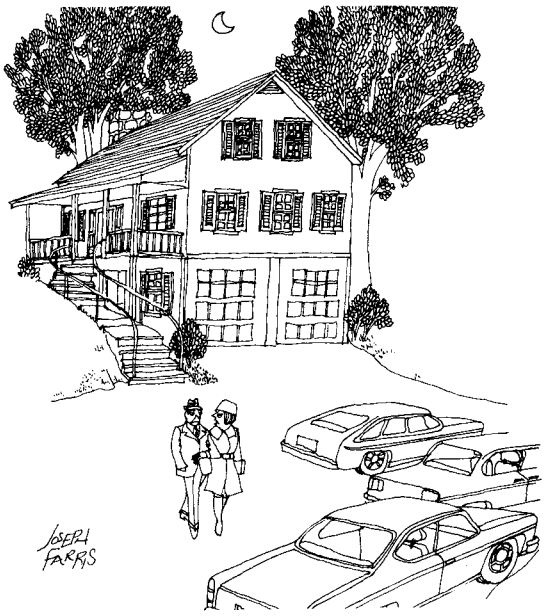
2 tablespoons margarine
¼ cup finely chopped onion
1 can (10¾ oz.) Campbell's Condensed Cream of Mushroom Soup
1 cup canned pumpkin
1½ soup cans milk
2 tablespoons dry white wine
Dash ground nutmeg

In 2-quart saucepan over medium heat, in hot margarine, cook onion until tender. Stir in remaining ingredients. Heat thoroughly; stir occasionally. Ladle soup into bowls; garnish with additional nutmeg, if desired.

Fresh Corn Chowder
(Makes 6 servings)

2 tablespoons margarine
1 cup chopped fresh onion
½ cup chopped celery
1½ cups pared and diced potatoes (cut in ½-inch cubes)
2 cups fresh corn, cut from cob
1 teaspoon salt
¼ teaspoon pepper
1½ cups water
2 chicken bouillon cubes
¼ teaspoon dried-leaf thyme
2 cups milk
1 cup light cream

In medium saucepan melt margarine. Add onion and celery; cook until tender. Add next seven ingredients. Cover and simmer 15 minutes or until potatoes and corn are tender. Add milk and cream. Heat through.



"That was a terrible dinner. Let's have them over to our place for an even worse dinner!"

Turkey Oriental Soup
(Makes 6 servings)

½ cup rice, uncooked
7 cups turkey or chicken broth
2 cups coarsely chopped cooked turkey
1 cup diagonally sliced celery
2 medium carrots, cut into match sticks
1 can (14 oz.) fancy-mixed Chinese vegetables, drained and rinsed
½ cup sliced green onions including tops
3 tablespoons soy sauce
2 tablespoons sherry
1½ teaspoons cornstarch

Combine rice and broth in 4-quart saucepan. Bring to boil; cook 10 minutes. Add turkey, celery and carrots. Simmer for 5 minutes. Stir in mixed vegetables and onions. Blend soy sauce and sherry with cornstarch; add to broth. Simmer until soup is clear and slightly thickened; stir occasionally. Ladle into soup bowls.

Fresh Tomato Vegetable Soup
(Makes 6 servings)

¼ pound (8 slices) bacon
½ cup finely chopped fresh onion
¼ cup finely chopped celery
3 tomatoes, peeled and quartered
5 cups water
1 tablespoon salt
¼ teaspoon pepper
2 ears corn, husked and cut from cob
½ cup sliced celery
½ cup pared and sliced carrot
1 potato, pared and sliced
2 cups peeled and chopped tomatoes
1 cup fresh green beans, cut in 1-inch pieces
¼ teaspoon dried-leaf thyme

In large saucepan or kettle, cook bacon until lightly browned. Remove and drain; crumble and reserve. Pour off all but 2 tablespoons fat. Add onion, chopped celery and quartered tomatoes; cook over low heat; stir occasionally, until vegetables are tender. Add water, salt, pepper and sugar. Simmer uncovered over low heat 30 minutes. Add remaining ingredients and bacon; simmer 30 minutes longer, until vegetables are tender.

Bouillabaisse
(Makes 12 servings)

2 tablespoons olive oil
1 cup onion, sliced
4 medium cloves garlic, minced
2 tablespoons parsley, chopped
1 medium bay leaf
⅛ teaspoon pepper
2 cans (10¾ oz. each) Campbell's Condensed Chicken Broth
2 cups water
1 can (16 oz.) tomatoes, cut up and undrained
2 medium potatoes, sliced
12 small fresh clams, scrubbed

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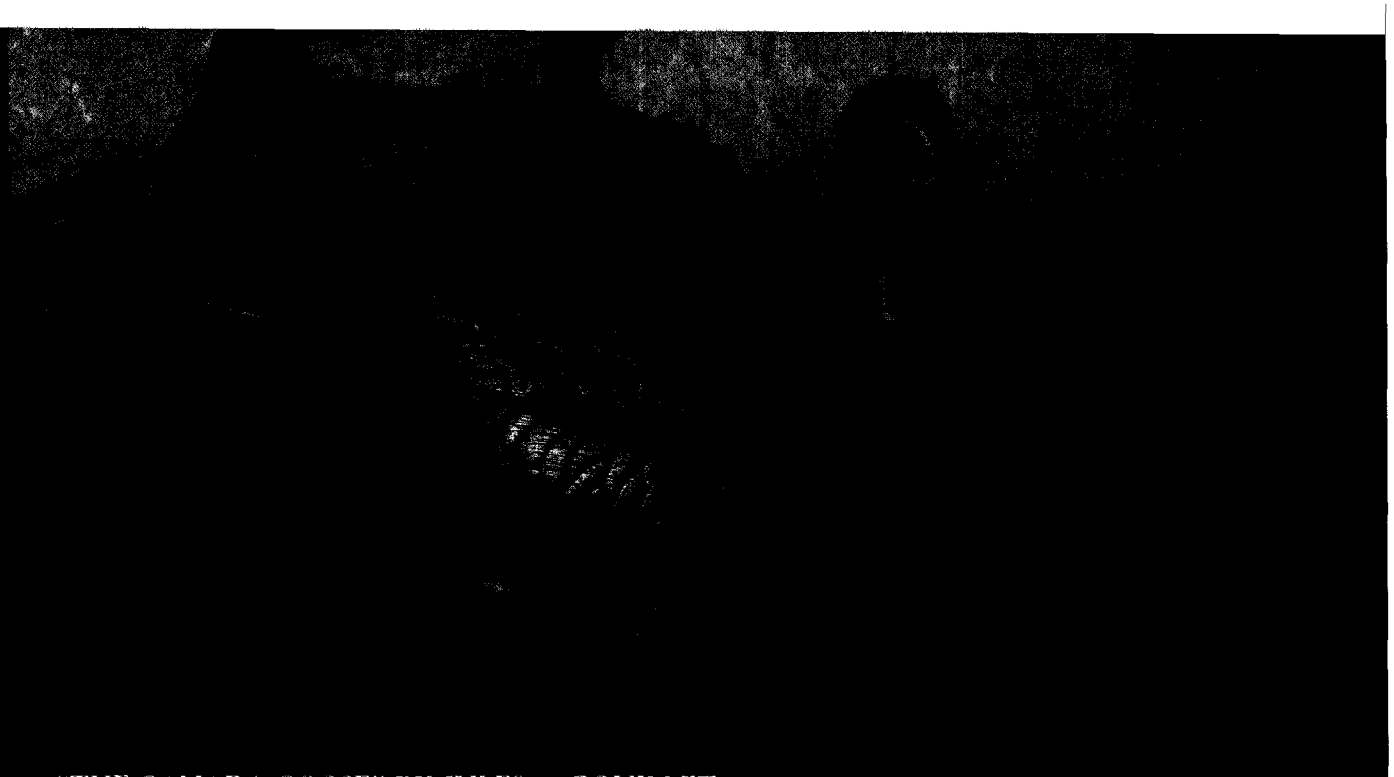

"THE CANADA GOOSE" BY JULES A. BOUILLET

Shown smaller than actual size of 13½" × 8" × 7"

A Beautiful Original Sculpture by one of America's top wildlife artists, to be issued in a single Limited Edition of only 1000.

The unforgetable sight and sound of long strings of honking Canada Geese migrating high overhead in V-formation have become for many Americans a harbinger of Spring or a foreboding of Winter. But the grandeur of this best-known of all North American wildfowl, is never more in evidence than when it lands upon an unfrozen lake or pond and rides the waves like some majestic lord. This is the scene that has inspired Jules A. Bouillet's latest sculpture of the Canada Goose. It is a picture of grace and dignity. Small wonder that many early Americans associated the Canada Goose with a sense of national pride.

Jules A. Bouillet is an internationally known wildlife artist. His sculptures have been exhibited in The British Museum in London, the Royal Academy in Edinburgh, Scotland, the Leigh Yawkey Woodson Museum in Wausau, Wisconsin, the Waterfowl Festival in Easton, Maryland, the National Geographic Society in Washington, D.C., the Museum of Natural Science in Denver, and the Museum of Natural History in Houston. As many as ten of Bouillet's earlier limited edition sculptures have been sold out to collectors around the world.

Bouillet has sculpted "The Canada Goose" with great accuracy and artistic imagination, especially for this limited edition. From his master model, each sculpture will be individually crafted by Bouillet in bonded bronze (a blend of bronze powder and resin now used in the finest museum reproductions), and patinated by hand. Each sculpture will be mounted upon a solid walnut-wood base, and bear the artist's signature and the issue number in the edition of 1000.

Measuring approximately 13½ inches in length, "The Canada Goose" will bring warmth to any room in your home or office. Collectors will no doubt value it for many years to come, as they have other of Bouillet's sculptures. It is available exclusively from The Northwest Foundry, Inc., at the low introductory price of $125. To order the Bouillet "Canada Goose" for yourself, or as a Christmas gift, complete and return the accompanying application.

Available exclusively from The Northwest Foundry, Inc.

Foundry

The Northwest Foundry, Inc.
P.O. Box 1124, Vincennes, IN 47591

Please accept my reservation for "The Canada Goose" by Jules A. Bouillet, to be individually crafted for me in bonded bronze at $125 plus $5 for shipping and handling.*

I enclose $46 ($41 plus $5 for shipping and handling) for my deposit, and understand that after shipment, I will be billed for the balance in two monthly installments of $42 each.*

[ ] Check enclosed
I prefer to have my payments charged to my: [ ] MASTERCARD [ ] VISA

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*Indiana residents add 5% for state sales tax.

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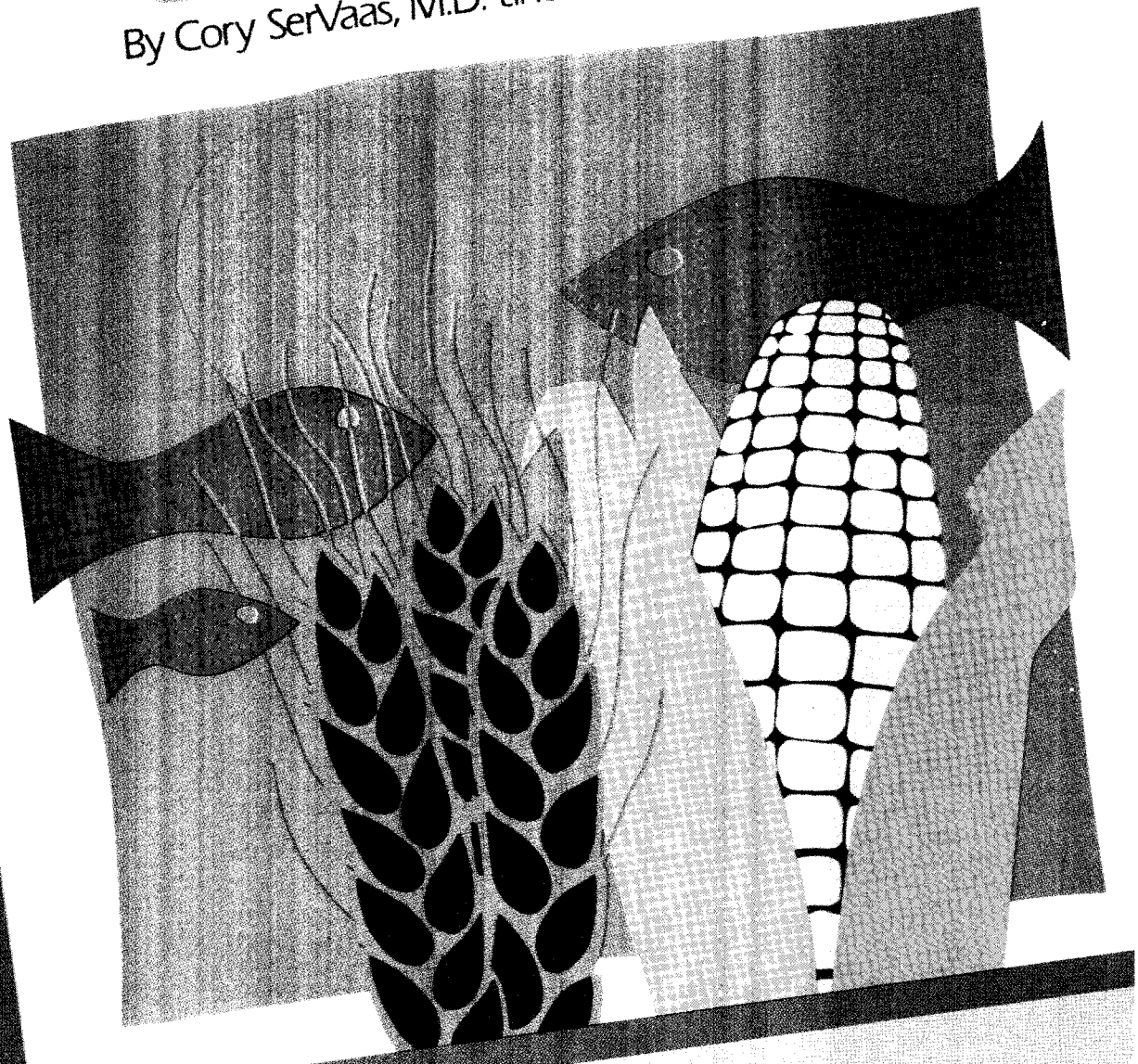
From The Kitchens of The Saturday Evening Post

HIGH LYSINE AND FIBER COOKBOOK

By Cory SerVaas, M.D. and Charlotte Turgeon



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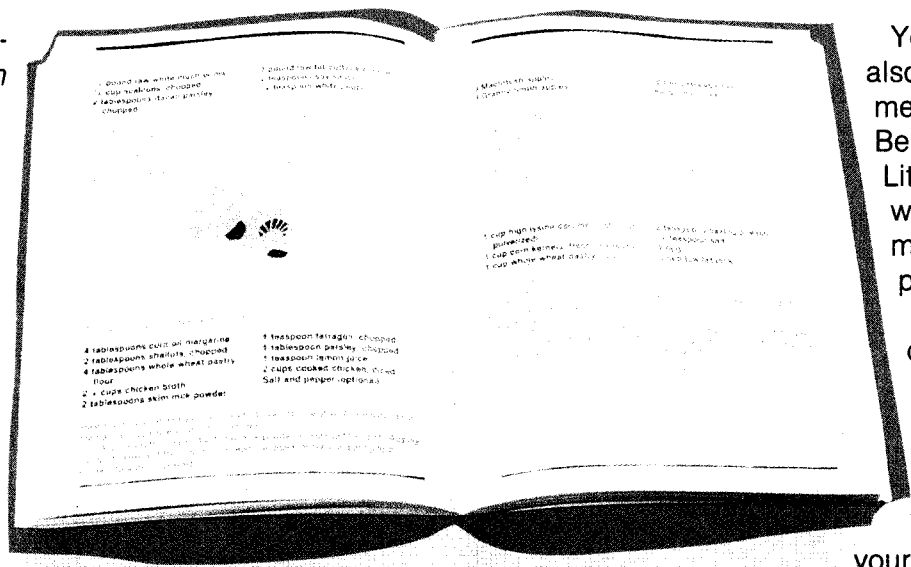
Get our new cookbook FREE with your paid subscription or renewal to the *Post.*



The beautifully illustrated *High Lysine and Fiber Cookbook* is hot off the press. *The Saturday Evening Post* dates back to Benjamin Franklin. Together, they offer the best of the new and the old.

Best of all, this exciting, health-based cookbook will be yours FREE with your paid subscription or renewal to the *SatEvePost*.

Thanks to the hard work of the National Cancer Institute, it is now respectable to consider preventing cancer (and a variety of other diseases that 20th century man is heir to) with diet. And the diet that we believe to be most beneficial is high in fiber and low in fat.

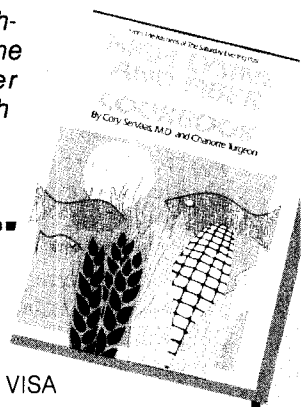
This 120-page cookbook, containing more than 140 delicious high-lysine, high-fiber recipes, is yours FREE with your paid subscription.

Thus this new 120-page cookbook that is sure to take preference on your kitchen shelf contains more than 140 recipes based on good nutrition and matches those of the country's top chefs for downright delectability.

Your subscription also includes a membership in the Benjamin Franklin Literary Society, with its many money-saving privileges.

Signing the coupon brings it all—recipes for good health, the best in family entertainment. You can't put your pen to better use.

FREE *High-lysine and high-fiber cookbook with each paid subscription.*



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VETS ON PETS

KEEPING OLD DOGS FIT

The senior citizens of dogdom must depend on their masters to prevent or postpone the complications of aging.

by H. Ellen White, D.V.M.

Old dogs and watermelon wine are among the best things in life, says a popular country-western song. The wine I haven't tried, but I agree about the dogs. The bonds of loyalty and companionship between a dog and its owner seem to grow stronger with time.

Unfortunately, a dog's health problems increase with time too. Pet owners should do all they can to postpone or to prevent age-related maladies. Prevention should begin with spaying and neutering to lower the risk of suffering mammary tumors, uterine disease or prostate enlargement in later years.

Dogs are prone to gain weight as they age, and excess fat can lead to numerous health problems. Feed an older dog 20 to 30 percent fewer calories after age seven. An older dog should be fed smaller amounts more frequently and should be exercised approximately one hour after meals to aid elimination. And you won't deprive your pet at all by eliminating empty calories he may receive in between-meal treats.

Grooming is doubly important for an older dog. Regular brushing and cleansing stimulate oil production to relieve dry, itchy skin caused by aging.

You may wish to restrict an older dog's protein consumption as well unless the dog is working, pregnant or lactating. Protein digestion has been linked to kidney failure, the most common cause of death in aging dogs. Consult a veterinarian about your dog's protein requirements.

Dietary changes can help treat other age-related maladies. If your dog has heart disease, a low-salt diet may be recommended. For the frequent problem of dry, thinning hair, try supplementing your dog's diet with zinc, lecithin, brewer's yeast and vitamins A, D, E and K. A word of warning, however: Some vitamins such as A and D can be toxic in large doses, so follow a veterinarian's instructions.

While we're on the subject of eating habits, don't forget your dog's mouth. Nothing detracts from an old dog's company more than bad breath from diseased teeth and gums. (Bacteria formed in a dog's mouth can plague the rest of its body, too.) For a sure remedy, clean your dog's teeth once a week with a towel dipped in a 50 per cent salt-and-soda compound. Commercial preparations are also available, at veterinary hospitals and pet stores. Have your dog's teeth examined as part of its annual physical. Your veterinarian may recommend professional teeth-cleaning by a trained technician.

Veterinarians can now do much to remedy many of the serious maladies of aging dogs. They can restore failing eyesight with cataract surgery, use medication to cure thyroid deficiency, counter heart, kidney and liver ailments through medication and diet and treat incontinence with hormones. They can even cure certain forms of cancer with surgery and chemotherapy if the cancer is detected early. So no matter how old your dog is, be sure to give it regular inoculations and checkups. Above all, don't assume nothing can be done for your old best friend.

Questions for the Vet

Dear Dr. White:

My 14-year-old Border collie has been very well and active. In the last month or so she just suddenly looks old—graying around the nose and mouth—but she still acts well. Her sight and hearing seem to be all right and her appetite is good, but she often acts startled. She will jump up and look around as though she has heard something strange, and she shows fear at these times—sometimes when she is asleep, sometimes when just resting.

This evening she was eating when she acted startled and ran a little way from her meal. She seems puzzled, as though she really doesn't know what is bothering her. I can't locate a noise, and our other dog pays no attention.

Vivian Berry
Montrose, Colorado

Dear Vivian:

A 14-year-old dog is indeed elderly. Signs of senility in dogs often mimic those of senility in older people. These signs include: changes in the color,

continued on page 96

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Sponsor a Child for Only $10 a Month.

At last! Here is a $10 sponsorship program for Americans who are unable to send $16, $18, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $10 a month you will receive:

- a 3½″ × 5″ photograph of the child you are helping.
- two personal letters from your child each year.
- a complete Sponsorship Kit with your child's case history and a special report about the country where your child lives.
- quarterly issues of our newsletter "Sponsorship News".

All this for only $10 a month?

Yes—because the Holy Land Christian Mission International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Mission International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$10 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $10 a month will help provide so much:

- emergency food, clothing and medical care.
- a chance to attend school.
- help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $10 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $10 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

Imagine how alone, how frightened this precious little girl must feel —forced to flee her home and live in a Honduran refugee camp.

K6AU

Holy Land Christian **Mission International**
Attn: Joseph Gripkey, President
2000 East Red Bridge Road
Box 55, Kansas City, Missouri 64141

☐ Yes. I wish to sponsor a child. Enclosed is my first payment of $10. Please assign me a ☐ Boy ☐ Girl

Country preference: ☐ India ☐ The Philippines ☐ Thailand ☐ Costa Rica ☐ Chile ☐ Honduras ☐ Dominican Republic ☐ Colombia ☐ Guatemala ☐ Africa

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of _____.

NAME_____

ADDRESS_____

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Member of American and International Councils of Voluntary Agencies. Our annual financial report is readily available upon request. Please make your check payable to Mission International. Your sponsorship gifts are tax deductible.

Holy Land Christian
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COINS—WORTH A MINT

In the last 30 years rare U.S. coins have outstripped all other kinds of investments, from stocks and bonds to real estate and commodities.

by Ed Hipps

Last January, an extraordinary nickel became the focus of attention at an auction held by Jerry Buss, the owner of the NBA champion Los Angeles Lakers. The nickel, a 1913 Liberty Head, was one of only five struck before the U.S. Bureau of the Mint's dies were ready for that year's "Buffalo nickel." Eight or nine buyers at Beverly Hills bid up the nickel; when the gavel finally fell, the coin had been sold to a prominent Austin, Texas, collector for $385,000. He certainly got his nickel's worth.

Later, an 1894 S dime with a mintage of 24 pieces sold for $50,600 to a movie star from Beverly Hills, and an 1804 dollar (the "king of silver dollars") went for $308,000 to a dealer from Omaha, Nebraska. These rarities may not come up for sale again for 20 to 40 years, and when they do, new prices will be set.

These nineteenth-century coins are not the only pieces of great value to coin collectors. Even those issued as late as 1930 are valuable in mint, uncirculated condition.

Coins minted in small quantities —and some that were minted in large quantities but not saved by collectors —are extremely valuable in choice, uncirculated condition. In fact, all coins issued before 1930 are scarce in superb, uncirculated condition. And you don't have to be a movie star or own a sports franchise to participate in the fun of collecting them.

This 1804 dollar, nicknamed "the king of silver dollars," is one of seven actually minted in the 1830s, according to the Numismatic Guild in New York.

In 1792 the Philadelphia mint struck the first U.S. coins, copper one-cent and half-cent pieces with a handsome Liberty Head design on the front. The new coins, much needed for commerce, caused a public uproar: The chain design on one side connoted slavery in many minds. The mint dropped the chain in 1793 in favor of a wreath. Both coins are now extremely rare and valuable, especially in uncirculated condition, because the first mintage of both styles was very small.

The chain episode was only the first of the mint's slip-ups that have made U.S. coin collecting a fascinating and sometimes expensive hobby. By 1796 the U.S. government began issuing coins in all denominations. Because metals were in short supply, silver coins were made from table service donated by prominent Americans including George Washington, Alexander Hamilton and Thomas Jefferson. Demand for coins exceeded supply in those early years, and foreign coins remained in circulation until the 1850s. Most coins of this era were widely circulated and badly worn; those in mint condition are extremely valuable.

Philadelphia's is still the primary U.S. mint, although in the last 193 years many other mint facilities have come and gone, including Carson City, Nevada; Dahlonega, Georgia; Charlotte, North Carolina; and New Orleans. Coins are now minted at Philadelphia, San Francisco, Denver and (the newest addition) West Point Depository.

Because coins are minted in varying amounts from year to year (depending on fluctuating demand in different regions of the country), coins from certain mints may be more rare than others. Of the many factors that contribute to the rarity of some U.S. coins, the most common has been odd-denomination issues—coins not widely accepted by the public for business and commerce.

The U.S. three-cent piece is a prime example. This very small silver coin, issued from 1851 to 1873, was obviously not a public favorite; the Treasury reduced its issue between 1863 and 1873. Three-cent pieces sell for $150 to $5,000 in gem, uncir-

continued on page 88

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OCTOBER ON THE 700 CLUB'S LIFECARE DIGEST

October 4
Fish Oil And Your Heart

Evidence suggests that the reason some populations have so little heart disease is because of their daily consumption of fish. Tune in to find out how you can incorporate the health-enhancing properties of fish oil into your diet.

October 11
Hug Your Baby For Life

Choking is the leading cause of death for infants. That's why every mother should be able to perform the Heimlich maneuver, a life-giving hug for a baby whose breathing is obstructed. After watching, you'll know how it's done.

October 18
Poison Control

Is there a child killer under your sink? How many are there in your medicine cabinet? An emetic called Ipecac is used to save thousands of poisoned children each year, and is abused by unknown numbers of adults with eating disorders.

October 25
Alcoholism: AA to B1

Alcoholics often drink themselves into malnutrition. Thiamine (Vitamin B1) supplementation can help them avoid permanent neurological damage. Learn how, and join us in a non-alcoholic toast to AA on its 50th anniversary.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

Check your local listings for time and station

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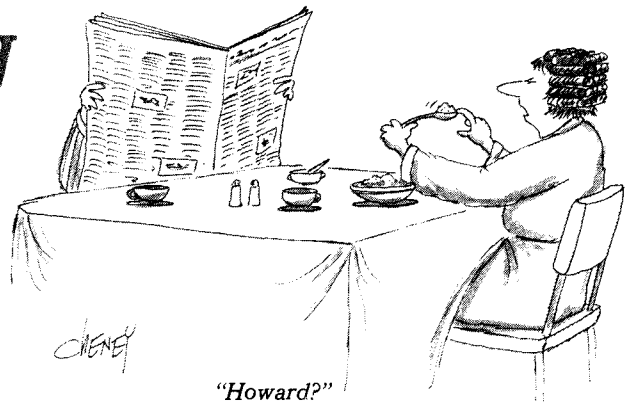
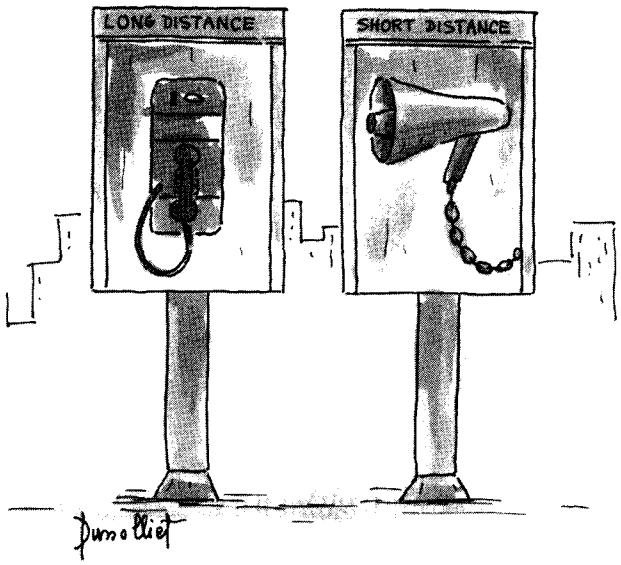
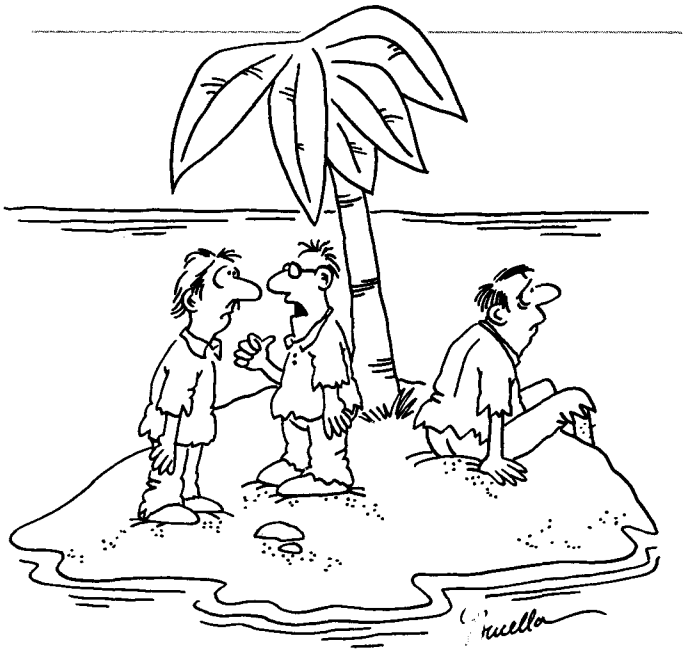
COMMUNICATION GAFFES

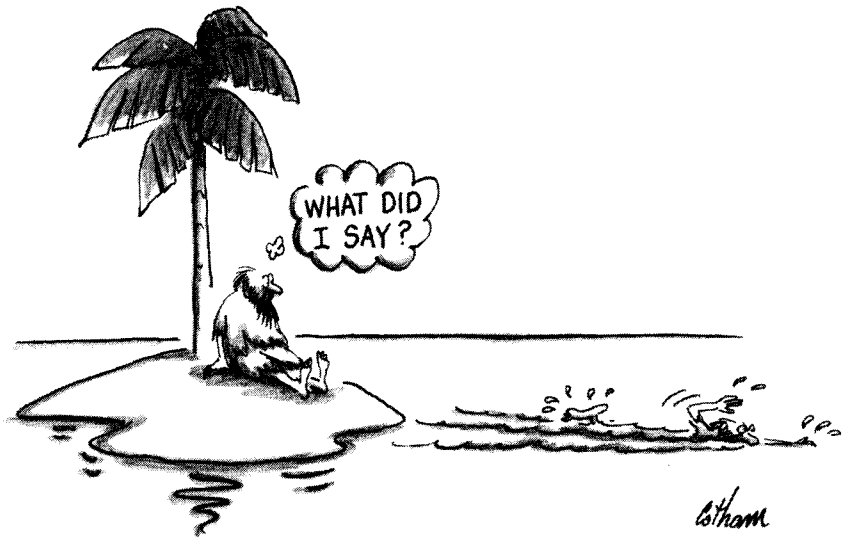


"Howard?"





"Poor Dalby. His beeper keeps going off."



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The Master's Touch

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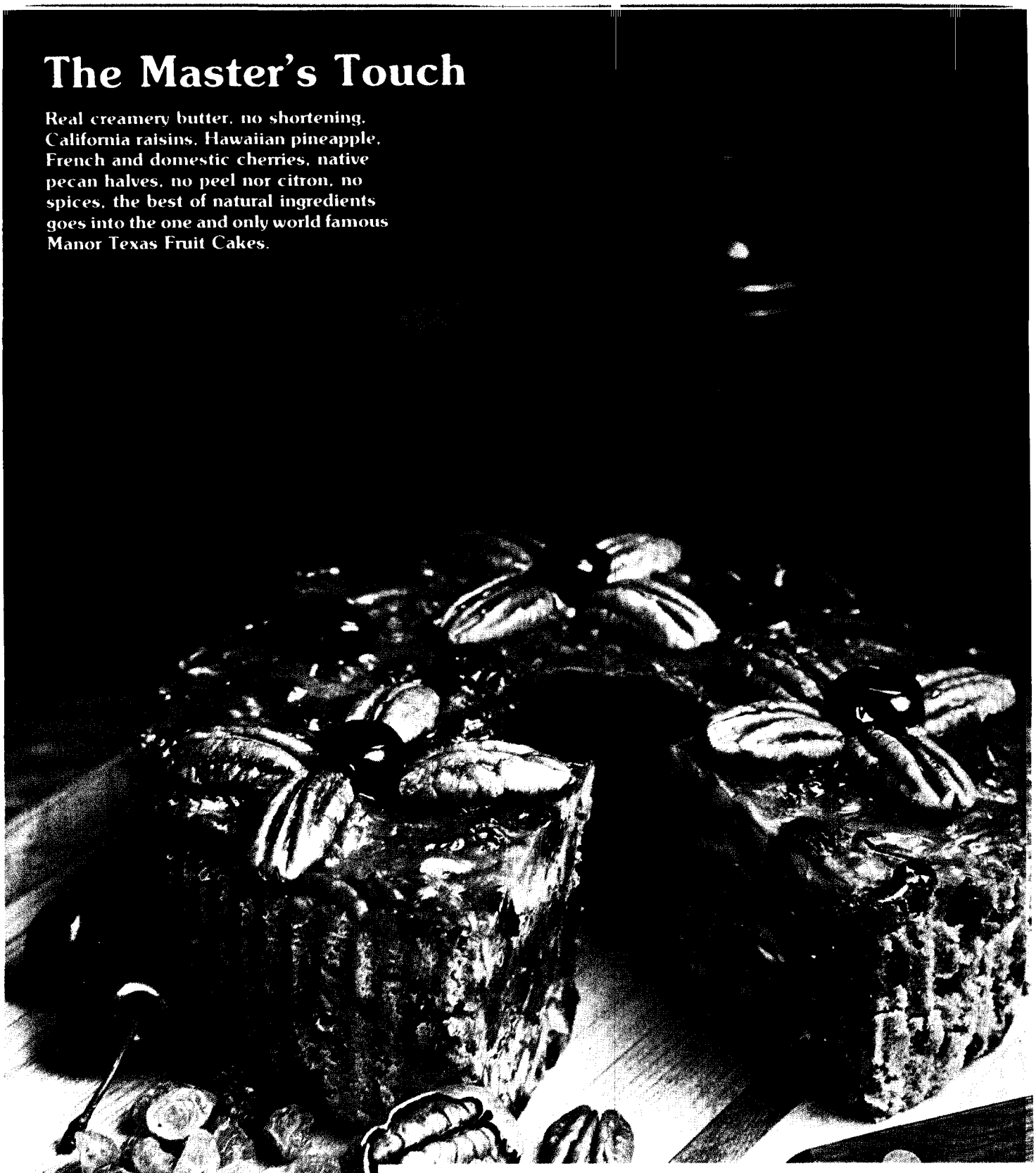

Armchair Shopper, P.O. Box 1144, Indianapolis, Indiana 46206

Please send _____ 2 pound tin(s) of Manor Texas Fruit Cakes for only $15.95 each, plus $2.50 for postage and handling.

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CAT BATHING AS A MARTIAL ART

Here are some tips on what to do when tabby starts smelling shabby.

by Bud Herron

Illustrated by Jerry Pressler

Some people say cats never have to be bathed. They say cats lick themselves clean. They say cats have a special enzyme of some sort in their saliva that works like new, improved Wisk—dislodging the dirt where it hides and whisking it away.

I've spent most of my life believing this folklore. Like most blind believers, I've been able to discount all the facts to the contrary—the kitty odors that lurk in the corners of the garage and dirt smudges that cling to the throw rug by the fireplace.

The time comes, however, when a man must face reality; when he must look squarely in the face of massive public sentiment to the contrary and announce: "This cat smells like a port-a-potty on a hot day in Juarez."

When that day arrives at your house, as it has at mine, I have some advice you might consider as you place your feline friend under your arm and head for the bathtub:

—Know that cats are not reasonable creatures. Though you might want to sit the cat down and discuss his odor eyeball-to-eyeball, don't expect him to understand. I have known only one or two cats in my entire life who could carry on a rational conversation and reach conclusions based on reasoning. If you tell the typical cat he stinks and therefore must have a bath, you will only warn him of his fate and make him that much more obstinate.

—Know that although the cat has the advantage of quickness and lack of concern for human life, you have the advantage of strength. Capitalize on that advantage by selecting the battlefield. Don't try to bathe him in an open area where he can force you to chase him. Pick a very small bathroom. If your bathroom is more than four feet square, I recommend that you get in the tub with the cat and close the sliding-glass doors as if you were about to take a shower. (A simple shower curtain will not do. A berserk cat can shred a three-ply rubber shower curtain quicker than a politician can shift positions.)

—Know that a cat has claws and will not hesitate to remove all the skin from your body. Your advantage here is that you are smart and know how to dress to protect yourself. I recommend canvas overalls tucked into high-top construction boots, a pair of steel-mesh gloves, an army helmet, a hockey face mask and a long-sleeve flak jacket.

—Prepare everything in advance. There is no time to go out for a towel when you have a cat digging a hole in your flak jacket. Draw the water. Make sure the bottle of kitty shampoo is inside the glass enclosure. Make sure the towel can be reached, even if you are lying on your back in the water.

—Use the element of surprise. Pick up your cat nonchalantly, as if to simply carry him to his supper dish. (Cats will not usually notice your strange attire. They have little or no interest in fashion as a rule. If he does notice your garb, calmly explain that you are taking part in a product-testing experiment for J.C. Penney.)

—Once you are inside the bathroom, speed is essential to survival. In a single liquid motion, shut the bathroom door, step into the tub enclosure, slide the glass door shut, dip the cat in the water and squirt him with shampoo. You have now begun one of the wildest 45 seconds of your life. Cats have no handles. Add the fact that he now has soapy fur, and the problem is radically compounded. Do not expect to hold on to him for more than two or three seconds at a time. When you have him, however, you must remember to give him another squirt of shampoo and rub like crazy. He'll then spring free and fall back into the water, thereby rinsing himself off. (The national record is—for cats—three latherings, so don't expect too much.)

—Next, the cat must be dried. Novice cat bathers always assume this part will be the most difficult, for humans generally are worn out at this point and the cat is just getting really determined. In fact, the drying is simple compared to what you have just been through. That's because by now the cat is semipermanently affixed to your right leg. You simply pop the drain plug with your foot, reach for your towel and wait. (Occasionally, however, the cat will end up clinging to the top of your army helmet. If this happens, the best thing you can do is to shake him loose and to encourage him toward your leg.) After all the water is drained from the tub, it is a simple matter to just reach down and dry the cat.

In a few days the cat will relax enough to be removed from your leg. He will usually have nothing to say for about three weeks and will spend a lot of time sitting with his back to you. He might even become psychoceramic and develop the fixed stare of a plaster figurine.

You will be tempted to assume he is angry. This isn't usually the case. As a rule he is simply plotting ways to get through your defenses and injure you for life the next time you decide to give him a bath.

But if he is angry, what have you lost? If he is like most cats, he only tolerated you in the first place. Now at least he smells better while he abuses your hospitality.

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Why retire to a Continuing Care Retirement Community?

Not-for-profit Continuing Care Retirement Communities are unique among all Retirement experiences. They offer accommodations and services beyond your fondest hopes. Many are church, community or fraternally sponsored, insuring the highest degree of caring, dedication and help. And remember . . . when you retire to a not-for-profit Continuing Care Retirement Community every cent you pay goes to your care and well being, not someone else's profit.

It gives you time to pursue your interests, to travel, to visit friends.

Free time is something you'll have plenty of at a Continuing Care Retirement Community. Time to do the things you've never had time for before you retired. In Covenant Villages meals are served daily in comfortable dining rooms. The evening meal is included in the monthly fee so the need to prepare all your own meals and shop for them is ended. Housekeeping and maintenance chores are also eliminated, freeing up a great deal of time for you to use as you want . . . for golf, fishing or even extended travel and sightseeing or visiting loved ones.

Because health care is available whenever you need it.

Emergency care and continuing care are, for many, the major reasons for selecting a Continuing Care Retirement Community when they retire. At Covenant Villages emergency devices are placed in each apartment so that help can be summoned immediately in the event of sudden illness or accident. In addition, many other safeguards have been instituted to assure each resident of fast response to any emergency. Our program of "Continuing Health Care" means that health and nursing care are available when you need it.

They're not just for the elderly, anymore.

The time to think about living in a Continuing Care Retirement Community is now, while you still have your health. Many Continuing Care Retirement Communities can not admit you if you're not able to care for yourself.

It can bring you new friends and end loneliness.

At a Covenant Village Continuing Care Retirement Community you share your retirement with others who have your interests, faith and heritage in a beautiful environment of meaningful Christian Fellowship. Numerous activities are planned throughout the day offering opportunities for passing pleasurable hours and meeting new friends.

It offers new freedom if you don't drive.

At Covenant Villages, shopping is never a problem for those who can't drive or no longer own their own cars. Scheduled trips in our own buses or private cars are available to take you to banks, doctors, dentists, churches, community events, department stores, supermarkets or any one of a dozen different destinations.

It will be your home.

When you retire to a Continuing Care Retirement Community you live privately in your own apartment, with a strong sense of security at all times, surrounded with your own furnishings, your own favorite possessions, without the burdensome problems of maintenance and housekeeping chores.

Covenant Villages — Nearly 100 years of experience stands behind them.

In 1886 the Evangelical Covenant Church opened its first caring community in Chicago. Today nearly 100 years later, Covenant Village Continuing Care Retirement Communities have spread throughout the United States and have grown to include 12 completely self-contained communities serving over 3,000 retirees with Christian fellowship and care. Not-for-profit Covenant Villages are located in or near Chicago, IL, Ft. Lauderdale, FL, Hartford, CT, Minneapolis, MN, Seattle, WA, Turlock, San Diego and Santa Barbara, CA and are owned and operated by the Board of Benevolence of the Evangelical Covenant Church. Call us collect to talk about your retirement plans or mail the coupon for information on the area of your choice.

"It's a beautiful way to retire."

Covenant Retirement Communities are owned and operated by the Board of Benevolence of The Evangelical Covenant Church.

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100 YEARS

A MEMBER OF THE AMERICAN ASSOCIATION OF HOMES FOR THE AGING, WASH., DC

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POST SCRIPTS

Backward Thinking

Halfway across a narrow bridge, Wilson confronted a car coming toward him. He stopped, waiting for it to pull back, but nothing happened. When the other driver finally yelled, "I never back up for an idiot." Wilson put his car in reverse. "That's okay," he shouted back, "I always do."

—A.H. Berzen

In the Pocket

The convincing talker is one who can keep both hands in his pocket while describing the fish he caught on his vacation.

—George E. Bergman

Brotherly Whereof

Men won't learn to be brothers,
Regardless of cultures or skins,
Until they learn being brothers
Doesn't mean *identical twins*!

—Ruth M. Walsh

Empty Gesture

My teen-ager filled my car with gas,
"For you!" he said with a grin.
But the route he chose to bring back
my car—
Used up all the gas he'd put in!

—Sandra Thompson

Parallel Hazard

Golf is a lot like life—
Each challenge is hard won.
As soon as you're out of a hole
You head for another one.

—Bill Ihlenfeldt

Easy Credit

It is said that talk is cheap.
This is easy to understand,
For, clearly, the supply
Is greater than the demand!

—Muriel Kovinow

Signing Off

Some TV progams leave you with the feeling that all's well that ends.

—Arnot L. Sheppard, Jr.

Minister, Heal Thyself!

The service was over, and the pastor was standing at the door to greet the departing parishioners. The pastor was suffering from a bad cold, and as he shook hands with the town's leading doctor he asked grumpily:

"You doctors can cure pneumonia and all kinds of diseases, so why don't you do something about the common cold?"

The doctor looked at him blankly. "Why can't you preachers do something about sin?" he replied.

—Melvin E. Lukenbach

Clearing the Air

Of course you've the right
To pamper your taste,
But why must I breathe
Your hazardous waste?

—John D. Engle, Jr.

Terms of Endearment

Confession: A bad-time story
Iron age: Before drip-dry
Conscience: Faults alarm
Worry: Stewing without doing
Comeuppance: Crowing pains

—Mrs. H.W. Walker

How Great I Art!

The trouble with many self-made people is they worship their creators.

—George E. Bergman

The Pessimist

He sees the negative qualities
In the people he passes,
For he always looks at the world
Through woes-colored glasses!

—Gwen C. Meza

Do You Solemnly Woof?

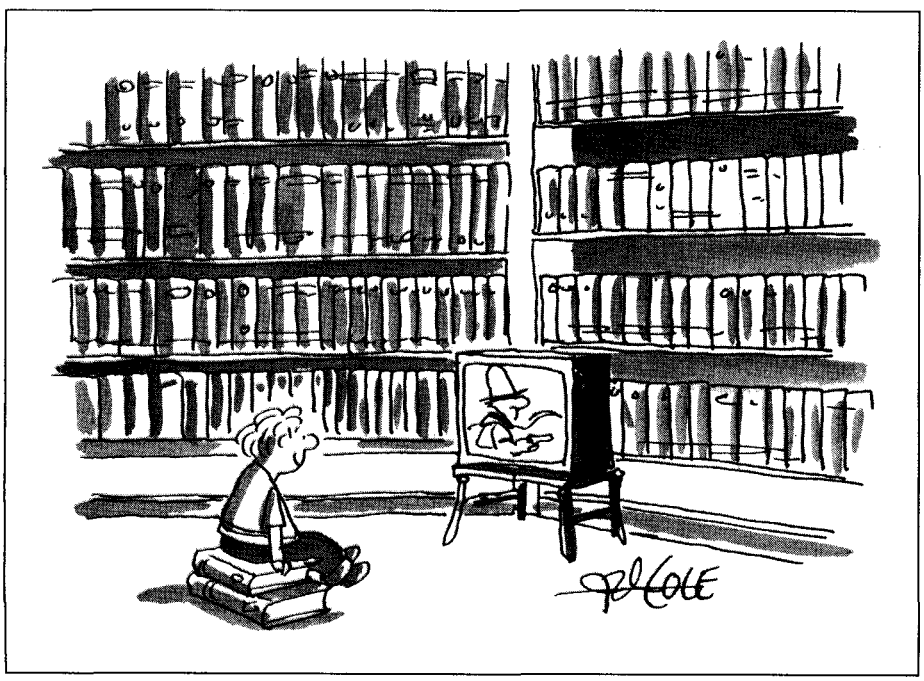
"Your Honor," said the prosecuting attorney, "your bull pup has gone and chewed up the court Bible."

"Well," grumbled the judge, "Make the witness put his left hand over the pup. We can't adjourn court to get a new Bible."

—Mattie Lee

No Thanks

My working wife had no more vacation time, though I had some. Bored with being home alone, I decided to surprise her by doing the dishes, cleaning the basement and doing other assorted chores. When she came home that night, I expected to



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be praised for my efforts, but she said nothing. Finally I said, "Didn't you even notice all the things I did around the house today?"

With a sigh, she said: "Yeah, it's a thankless job, isn't it?"

—Martha J. Beckman

Wrong of Way

Expressway access ramps display
A "Yield" sign which, to some,
Is just another way to say:
"Look out, folks, here I come!"

—Bill Schaffstall

Where Am I?

Isn't it amazing how some people in a little world of their own can have a hard time finding themselves?

—H. Duane Black

For Starters

Tommy came home from school in a dejected mood. "Bad day?" his mother asked.

"Awful," the boy replied. "I couldn't remember an answer, and it was so embarrassing."

"Forgetting one answer all day is nothing to be embarrassed about," mom said soothingly.

"During roll call?" the boy demanded.

—Dick Shebelski

Bank Note

A teller in line for promotion
Would certainly forfeit his chances
If someone should ever detect him
Making improper advances.

—Larry Sorensen

In Sickness and in Wealth

A wealthy man was known for his stinginess and meanness. He delighted in making others unhappy. His only heir was a nephew who made no bones about the fact that he disliked the old man and couldn't wait for him to die so the old man's money would finally be his. One day, the old man's lawyer told him that the nephew was getting married and suggested it would be nice if the old man did something on this occasion to make the nephew happy.

"Maybe you're right," agreed the old man. "On his wedding day, I will pretend to be dangerously ill."

—Marjorie C. Mahoney

Spreading the Bull

Four young bulls in a verdant pasture indulged, naturally enough, in a bull session.

"I," said the first, "shall go to Rome to be a papal bull."

"I," said the second, "shall get a job in a brokerage office and become a Wall Street bull."

"I," said the third, "shall become a bull in a china shop."

"O.K.," said the fourth bull, nodding cheerfully. "Go out into the world if you will. But I love it right here in this pasture. I intend to stay here for heifer and heifer and heifer."

—Richard Henry

Really Bugging Her

A man walked into a pet shop and asked for five mice, three rats and 100 cockroaches. The pet-shop clerk said, "I can give you the mice, but not the rats or the roaches. Why do you want them?"

"My landlady is evicting me, and she told me to leave the room exactly as I found it."

—Martha J. Beckman

Fitting Gesture

Abraham Lincoln attended the theater one evening and arrived just as the curtain rose. Without thinking, he placed his stovepipe hat, open end up, on the seat beside him. Moments later a lady of rather grand proportions headed for the empty seat and sat down. There was a crunch, and the lady jumped up.

Mr. Lincoln picked up the hat, now flat as a pancake, and said: "Madam, I could have told you my hat wouldn't fit you before you tried it on."

—Kris Lee

Have You Checked Your Batteries Lately?

Some things are so simple that a child can operate them. Two of them are parents.

—Rose Sands

Food for Thought

My elderly aunt is never very happy when she has to wait in line, and people who try to squeeze in front are a special sore point with her.

One day a young man at the supermarket stepped up to her just as she reached the check-out counter. "Mind if I go ahead?" he asked. "I just have this one can of dog food."

"Goodness, no," she roared. "If you're that hungry, go right ahead!"

—M.M. Savoie

For the Wedding *March*, Dummy

When a prospective bride asked her father why they ever use "obey" in a modern marriage ceremony, he explained: "My dear, it's a reminder that a sense of humor is an important ingredient for a lasting marriage."

—Perry Comer

Strike 3?

"Lucy, I heard the clock strike 2 when you came home last night."

"Right, dad. I kept it from striking 11 and waking everyone."

—A.H. Berzen

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INSIDE OUT

WHAT IS AMERICA?

It seems the so-called experts in the major media may be painting the wrong portrait.

by Bob Slosser

What *is* America?

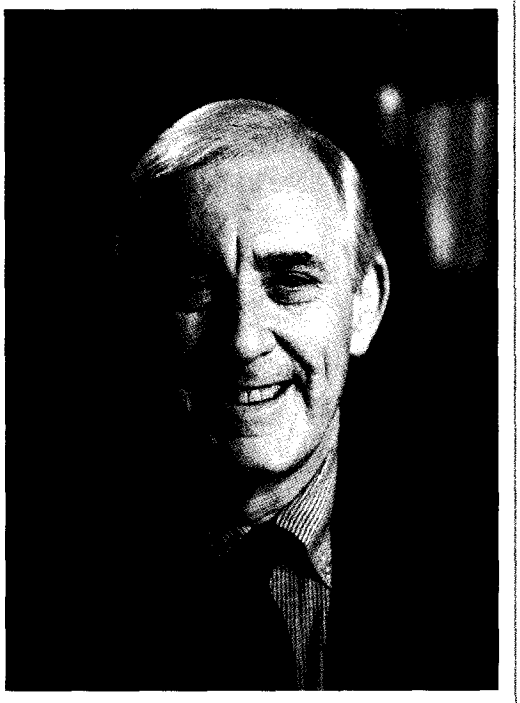
Do you ever get the feeling that the experts concerned with keeping us informed don't really know the answer to that question?

As I travel around the country, I seem to be discovering lots of people who don't fit into the image of America offered by the major media in New York City, Washington, D.C., and Los Angeles. The contrast is so great that I find myself increasingly convinced this nation is not what we've been told it is in the past 20 years. The people in Bangor, Maine, or Roswell, New Mexico, or Fletcher, Oklahoma, just don't think the way they're being portrayed.

The discrepancy is probably caused by ignorance, not outright deceit. Authors, TV writers, news people, educators—they for the most part seem unable to grasp the truth of what America is. Their perceptions are skewed; they deal in caricatures. It's quite likely that some, even when they do glimpse the difference, get caught up in a defense of their own preconceptions. To do otherwise would be to admit that they have been wrong. And that's contrary to human nature.

Let's look at one facet of life.

"The U.S. is the most religious country in the world. Some 95 percent to 98 percent of Americans say they believe in God"—the opinion of Seymour Martin Lipset, a professor of political science and sociology at Stanford University, as expressed in *Time* magazine last year. If he is correct, several findings of the Gallup organization in a recent poll commissioned by the Christian Broadcasting Network become more clear. Gallup learned that:



Bob Slosser, an author and a journalist, is the president of CBN University, Virginia Beach, Virginia. Formerly a *New York Times* editor, he is the author of numerous books about the American scene, from politics to religion. He brings a challenging perspective to the issues of our day and battles vigorously for a restoration of traditional values to all of American society. Best-selling books he has authored or coauthored include: *Reagan, Inside Out; Miracle in Darien;* and *Plain Bread* (with Ben Kinchlow), his most recent.

(1) Fifty-six percent of the American people say they are more reliant upon God than they were five years ago.

(2) One-third of the people say they base their political opinions on religious beliefs to a greater extent than they did five years ago.

In addition to these self assessments, Gallup's queries showed a majority (58 percent) believe Americans *as a whole* are increasing their efforts to put their religious faith into practice. Thirty-three percent believe that citizens as a whole are more and more forming their political opinions because of religious beliefs.

All these findings suggest a populace far more value oriented and traditional in its views than one would suspect from observing the day-to-day fare of the television, the film, the publishing and the educational industries.

I believe two factors are at work.

First, evangelical Christians are steadily moving from the pew to the marketplace. Prodded by the Jesus revivals of the '60s and the '70s, as well as by the ongoing charismatic renewal of the last 25 years, they have determined that the Bible and their faith apply to all of life, not merely to personal, devotional life.

Supplementing this move is a substantial residue of faith and moral value within Americans generally, even those not themselves overtly committed to God, to prayer, to churchgoing or the like. We might describe it as a "memory" of faith, almost a subconscious recollection of the days when faith, the Bible and moral character figured in the day-to-day life of the nation. This residue is capable of responding, at first almost imperceptibly, to leadership that invokes the name of God and Biblical values.

Contemporary portraits of American life have missed the significance of these factors. The information giants' misunderstanding of the trends was revealed in the presidential elections of 1980 and 1984. A candidate talked unabashedly about his dependence on God, his commitment to the traditional values and verities and his faith in the wisdom and the foresight of the Founding Fathers. And he was convincingly voted into office. The people said: "This is the kind of guy we want running the country." True, significant numbers of them may not at the moment have had the

continued on page 98

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Sally Struthers, National Chairperson

Redeem it now. Please mail it. There's a child waiting.

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For just $18 a month, you can give a child nourishing meals, decent clothing, medical care, a chance to go to school, or whatever is needed most. That's 60¢ a day. That's all it takes. To help give a child who has so little a chance in life.

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Colombia	girl ☐	boy ☐	either ☐	Mexico	girl ☐	boy ☐	either ☐
Ecuador	girl ☐	boy ☐	either ☐	Philippines	girl ☐	boy ☐	either ☐
The Gambia	girl ☐	boy ☐	either ☐	Thailand	girl ☐	boy ☐	either ☐
Guatemala	girl ☐	boy ☐	either ☐	Togo	girl ☐	boy ☐	either ☐
Honduras	girl ☐	boy ☐	either ☐	Uganda	girl ☐	boy ☐	either ☐
India	girl ☐	boy ☐	either ☐	Zambia	girl ☐	boy ☐	either ☐

☐ Any child who needs my help from country where need is greatest.
(If you would like to sponsor more than one child, please specify the number in box[es] of your choice.)

PLEASE SEND MY INFORMATION PACKAGE TODAY.

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $18 within 10 days. Or I'll return the photograph and other material so you can ask someone else to help.

☐ I prefer to send my first payment now, and I enclose my first monthly payment of $18 for each child.

☐ I cannot sponsor a child but I'll give $_____ to the Christian Children's Fund Growth Fund (provides expansion of services in a hungry world).

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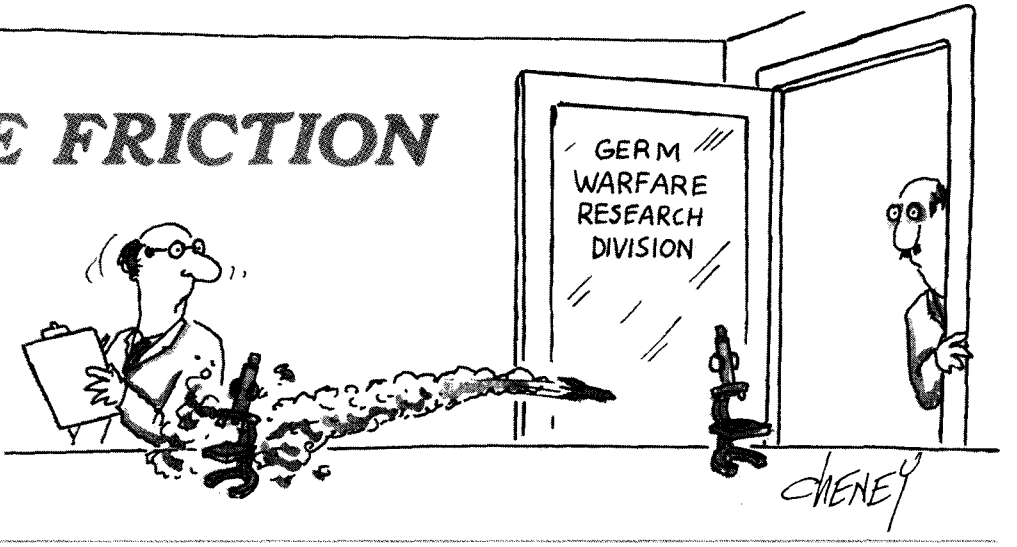
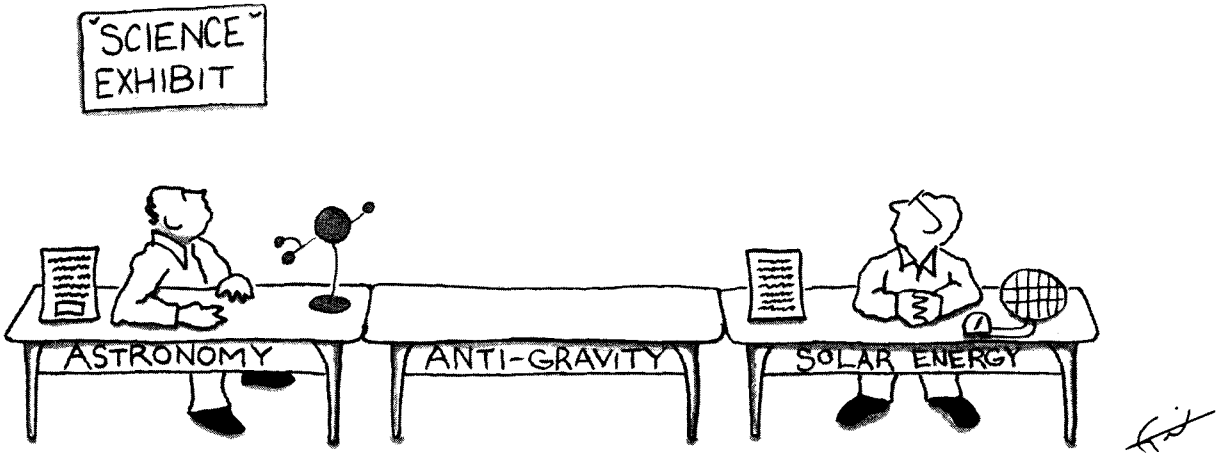


"I'm convinced he's got one of those tiny TV sets in there."

"Things never change with the research-and-development boys. They always think they've found something that will solve all our problems."



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dozens of illustrations from original engravings

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BENJAMIN FRANKLIN
Literary & Medical
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Dear Reader:

We can't think of a single gift that would do more for your good health than to start you using high-lysine corn meal.

We've been writing about the virtues of high-fiber wheat bran for years, and lately we've been telling you why we believe a high-lysine, low-arginine diet is so beneficial to ward off viruses. We're packaging high-lysine corn meal in lined, brown-paper bags to get more people started who haven't yet discovered the amazing benefits of going on a high-lysine, low-arginine diet.

Readers ask us repeatedly, "Exactly how much bran should I take?" So we called Dr. Denis Burkitt, the godfather of the high-fiber discoveries. From London, in his inimitable British accent, he said, "It varies enormously with different people. What we tell them now is, 'If you have enough fiber, your stools normally float.' And everybody can find out whether their stools float or sink. Take enough to make your stool float," he said. "Some people need more than others." Getting your stool to float will probably double the size of your stool, and this is what you want, says Dr. Burkitt. "Speeding up the transit time is important but it isn't nearly as important as increasing the amount of stool you pass," he said.

We asked him how much stool the average adult male should pass. He replied, "I think he should pass at least 225 grams (about 1/2 pound). The average American today is passing a little over 100 grams (less than 1/4 pound). Stool weights are even more closely related to cancer than the transit time of the food. If I were a doctor examining candidates for life insurance, the first question I'd ask would be, 'How much stool do you pass daily?' If the candidate says, 'About 250 to 300 grams,' well, I'd say, 'I'm not wasting time on blood chemistry tests, you're O.K.--you can get your policy,' and if he says, 'I don't even get out 100 grams a day,' well, I'd say, 'It's not worthwhile to test you because you're a pretty poor risk.' That's how important a high-volume stool is to your health."

If you care about wellness, I hope you will read the next page.

To your good health,

Cory SerVaas, M.D.

Cory SerVaas, M.D.
Research Director

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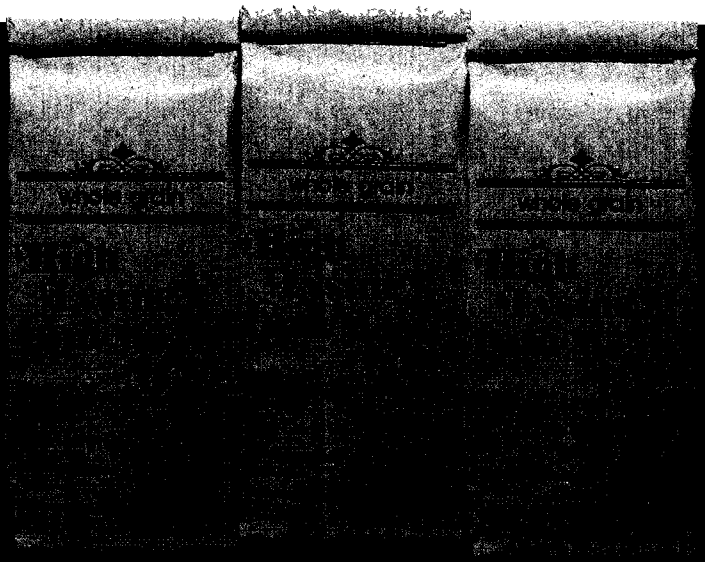

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We wish we could mail gift bags to all our members, but we must now limit it to those who send a contribution to support our cancer and heart-disease research.

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TURNING THE DAMPER ON MR. FRANKLIN'S STOVE

For Arbor Day his gift-wacko wife gave him pine incense. On Ground-hog Day it was five pounds of sausage. Then came Ben Franklin's birthday. . .

by Maynard Good Stoddard

Illustrated by Don Trawin

My dear wife is one of those sentimental women who has to acknowledge every special occasion with a gift—and takes time that might be better spent in the kitchen trying instead to suit the gift to the occasion.

Thanks to Fire Prevention Week I am now the proud owner of 11 fire extinguishers. After installing the last two in the bathroom, I made the bold suggestion that we were pretty well set for fire extinguishers. My wife then switched to smoke alarms. At present I can't burn the pine incense she gives me every Arbor Day without one of the blasted things going off. To show you how clever my dear bride of yesteryear has become, last Ground-hog Day she presented me with five pounds of gift-wrapped sausage.

I bare these family secrets only that you might better understand my surprise upon dragging home one night from a day hard enough as it was, only to find a Franklin stove wearing a big, red bow and leering at me.

"It's lovely," I said, dry-eyed. "But what's the occasion?"

"This just happens to be January 17," she said, sniveling, as she usually does at moments of high emotion. "Benjamin Franklin's birthday."

Of course. How stupid of me.

It took both of us to install the stove. While she held the big, heavy, red bow, I wrestled the gift into proper position beneath the ancient chimney hole.

"My dad always said the longer the pipe the more heat you get," she confided, looking down where I lay on the living-room carpet. (I hadn't quite made it to the couch.) So I rose and wrestled the beast (I'm referring to the stove) to the opposite side of the kitchen. Now the pipe wouldn't reach.

By a stroke of bad luck, I remembered seeing behind our kind-hearted neighbor Gail Abrell's barn three lengths of pipe from a stove he had once used to cook beans for his hogs. Fitting his three lengths together and then mating them with our two new ones engrossed me the next day until afternoon, with time out for a hearty lunch of what I took to be leftover raisin pudding. Turned out to be a concoction of rice and soot. Then I called upon the perpetrator of my potential heart attack to support the middle of the pipe with a broom while I perched on the stepladder with a screwdriver, eye hooks, pliers and stovepipe wire to suspend the five-piece structure from the ceiling.

At a quarter past two, her arms gave out.

When the pipe broke in two (in five, to be exact) over my dear wife's head, the resulting shower of cinders, ash and carbon deposits from Gail's three lengths carried clear to the bedroom, where dear wife's former white cat had been sleeping. The cat should have been out catching mice at that time of day anyway.

Wife now retired to the bathtub for the afternoon, I tried supporting the pipe on the back of my neck while winding the wire around it and then threading it through the eye hooks. There may be a more professional way of removing the last of the crud from a pipe, but this way certainly is effective—especially after the pipe bounces off the floor for the third time.

With kind-hearted Gail's help, the pipe finally hung securely from the ceiling, and the end piece had been wedged into the chimney hole. And that was that? Not quite. While Gail was outside dumping soot out of his shirt (anyone wearing an open-neck shirt on a job like that is asking for it), he said: "I'll bet that old chimney hasn't been cleaned in a coon's age."

Had I known that dear wife had by this time removed enough strata of soot from her ears to overhear him, I'd have left home. Sure enough, the next day I was gushing insincere thanks over the no-surprise gift of a chimney-cleaning outfit. "You should have waited till Clean Chimney Week," I said. "Or longer," I muttered.

How professionals clean a chimney with one of these rigs, I'm not sure. There were no directions. Undaunted, I climbed the ladder to the roof. From there it went like this:

First, I clamped an auxiliary pipe between my legs. Next, I raised a pipe with a brush on the end and tried to remain on the roof while the wind was deciding what to do with it. After the top row of bricks was loosened and sent slithering to the ground (the auxiliary pipe had already preceded it), I was allowed to insert the brush into the opening. Now it was simply a matter of pushing the brush down until I ran out of pipe, then pulling it up again. Our chimney, however, must have been made for small smoke. When I pulled the pipe up, lo and behold—there was no brush to behold. A flashlight revealed that it was stuck a full ten feet down. The chimney was plugged beyond all redemption.

Before calling someone to dismantle the chimney, however, I would go down and retrieve the auxiliary pipe, screw the two pipes together and push the brush down where I could run my arm up the flue and pull it out. This didn't work. Then I would go back down, sneak the clothesline wire off the posts, bend one end into a hook and try to hook the brush out. The brush was stuck so tight I couldn't get

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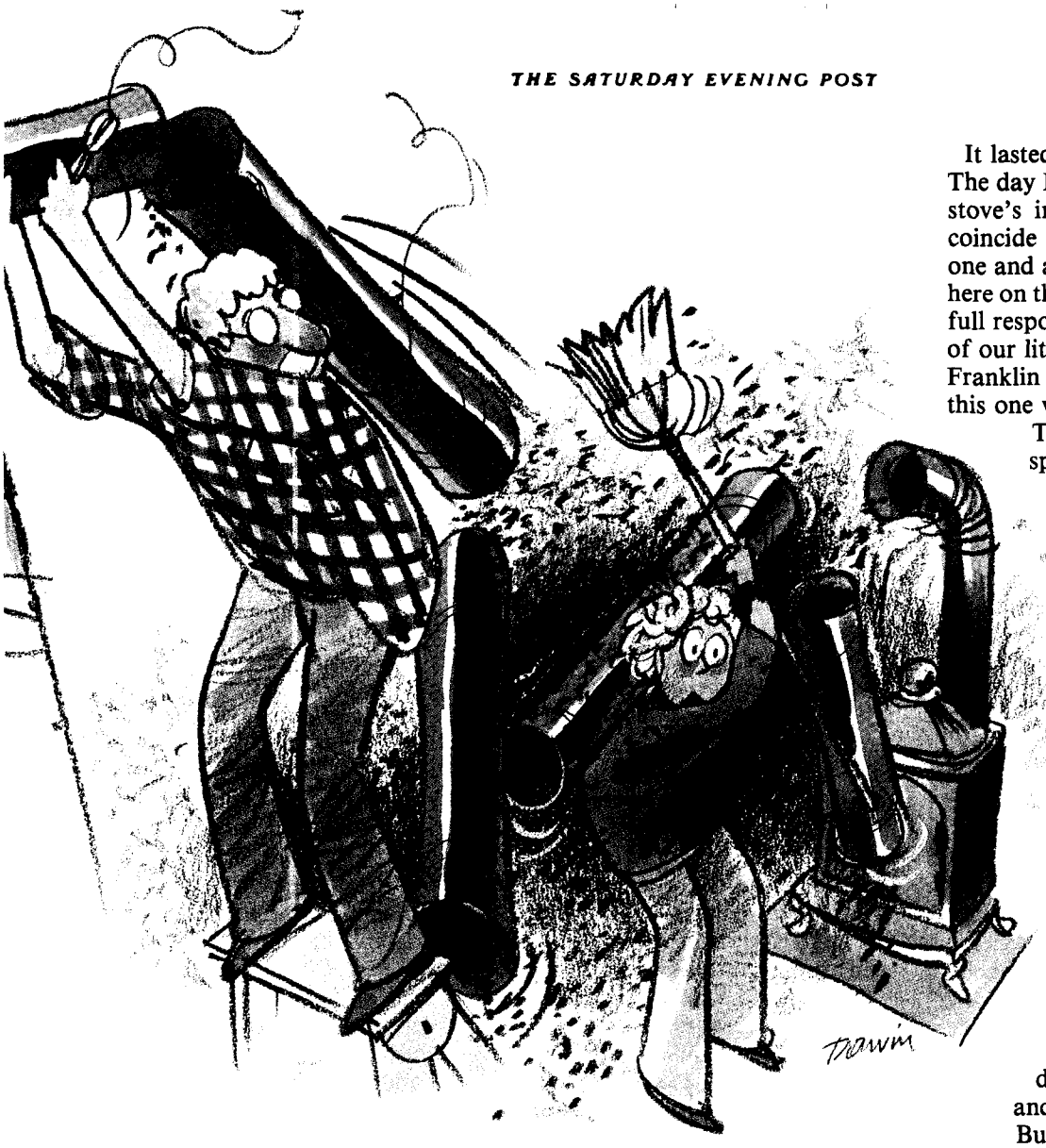

the hook past. Then I would crawl down again, drive into Spencer for a hank of sash cord and two new flashlight batteries. If I could lasso the short handle on the brush and tighten the noose before it slipped off. . .

At 6:15 p.m., wife yelled something up the chimney to the brush. She then came outside and yelled to me, "Are you coming down to eat, or shall I serve it up there?" I should have yelled back, "Soot yourself!" But I wasn't in the mood, and she wouldn't have gotten it anyway.

One advantage of working with your head stuck down a chimney—you can work as well at night as you can in daylight. All night, if your flashlight batteries hold out. Just short of the batteries' demise, and in a half-hearted, last-minute effort, the noose slipped over the handle, and I pulled it on the pipe until it tightened; then ever so gently I gave a tug, the brush loosened and I pulled it up. . . up. . .up. . .and out! From the place I lay on my back in the valley where the two house sections meet, the moon had never looked more beautiful.

A woman wouldn't think of it, of course, but to get the maximum benefit from a wood stove, you must burn wood in it. And before you can burn wood in a stove you must have wood to burn.

One good thing about the 13 "achers" of our hilltop estate—one can always find a tree the wind has pulled out of the ground by its roots. My luck still batting zero, I found a honey locust, one of those ornery suckers that make you want to stop sawing and relax by whittling on a concrete block. No price in blood, sweat, blisters and Ben-Gay is too high to pay, however, for the satisfaction of seeing a wood supply for the rest of the season stacked high and dry inside the shed.

It lasted exactly three days. The day I fed the last stick into the stove's insatiable maw happened to coincide with my announcement to one and all (mostly to one) that from here on the oil furnace could carry the full responsibility of being the hearth of our little home. One could use the Franklin stove for a planter, as far as this one was concerned.

That, of course, was before I sprang out of bed one morning to turn up the thermostat, only to spring back into bed even more quickly when the furnace failed to come on. This reaction had to do with the outside thermometer's registering a record 24 below and the oil in the fuel line having gelled, causing the furnace to shirk its responsibility. Except for an electric blanket, the oven and a bottle of Louisiana Hot Sauce, our little home was without heat.

Fortunately, the furnace man and I were on a first-name basis. (At one time I even considered putting him on salary.) All I had to do was to defrost the telephone receiver and give him a call.

Busy. Busy. . .busy. . .busy. At 9:15 I finally got through to an answering device dispensing the information that Bates Heating and Cooling wouldn't be heating or cooling any more customers for at least the next five days.

"*Buy* some wood, for Pete's sake!" exclaimed wife. "There are several ads in the *Spencer Evening World*."

So, letting my blue fingers do the walking through the classified section, I called the numbers of the ads promising "hard, dry wood—delivered." And not one could keep that promise, all using the same excuse of too much snow. The ball was now in my court.

Luckily, we had a pretty good supply of hard, dry wooden clothes hangers—enough, at least, to give me time to saw up the clothesline posts. The arguments that followed each of these

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SAN FRANCISCO'S GRIDIRON GURU

A master of the complex play, the 49ers head coach, Bill Walsh, turned "the laughingstock of the NFL" into the winningest team in the league.

by Ben Kinnley

It was a typical awards banquet. The San Francisco 49ers players Joe Montana, John Ayers and Randy Cross were enjoying their fried chicken, cold beer and the applause of fans at the Rocklin Bar and Eatery, Rocklin, California, when three strangers suddenly sashayed into the room.

One, a California biker, wore nightshade sunglasses and question-mark sideburns. A second, equally rough-looking, resembled a bearded mule skinner. The third, a grizzled prospector apparently down on his luck, wore wire rims and shabby garb. As the bar's employees drew straws to decide who had to throw the bums out, a player yelled out, "Hey, those guys are our coaches!"

Sure enough, when the giggling trio had peeled off their disguises, the "biker" turned out to be Sherm Lewis, San Francisco's running-backs coach; the "mule skinner" was a tough former marine, Bobb McKittrick, the coach of the offensive line; and the "prospector" was none other than the San Francisco head coach, Bill Walsh. Later, Walsh explained he had hired a Sacramento make-up artist to outfit the coaches especially for the banquet.

This costumed escapade was not the first for Walsh. A few days before the 1982 Super Bowl, he shocked Joe Montana at the team's hotel by dressing in a bellhop's uniform and offering to fetch the quarterback's bags. And before a meeting to discuss a long losing streak, he donned a cabby's outfit and facetiously told the Niners he was working a job on the side.

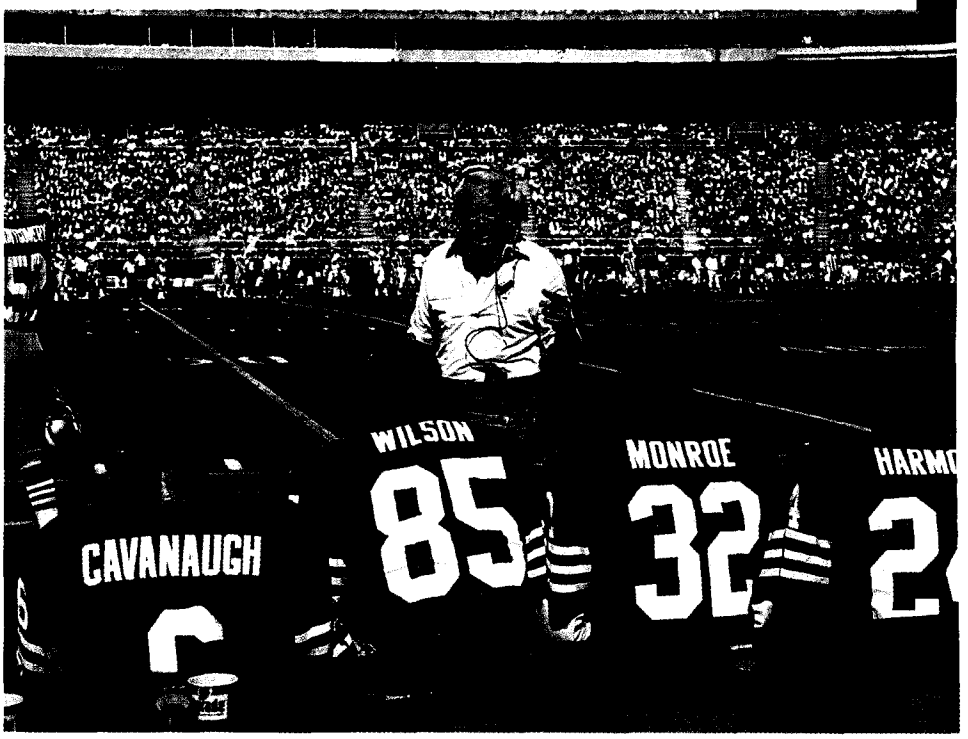
The costumes are part of Walsh's coaching strategy. Occasional high jinks by a usually serious leader are good for team morale, he says. "Humor is just another way to communicate with other human beings. I've never seen anything accomplished without communication," Walsh stresses. "Players must work in an atmosphere where they feel free to exchange ideas with their coaches. Players have to be able to communicate what they are trying to accomplish with each other and their coaches."

Walsh's son Craig agrees with his father. The coach's success, he notes, comes from his ability to coexist with his players and his assistant coaches. "Dad's always been a great communicator," Craig says. "That's always been his forte. I think communication is essential to becoming a great football coach or real-estate salesman or parent. When you can effectively communicate your feelings and ideas, people look up to you. You instantly gain respect. A poor communicator is often lost."

Bill Walsh needed all his gifts for communication when, in 1979, he became the head coach of the San Francisco 49ers, the laughingstock of the National Football League. It took Walsh only three seasons to reverse the team's fortunes. The Niners' 16-3 record was the NFL's best in 1981, and the team closed out the season by declawing the Cincinnati Bengals, 26-21, in Super Bowl XVI. After a disappointing 1982 season, Walsh took his team to a Western Division championship in 1983; only a 24-21 loss to the Washington Redskins in the NFC championship game kept the 49ers from wearing brand-new Super Bowl rings.

Last year the Niners simply overpowered their NFL competition. Walsh's men won a league-record 15 straight regular-season games, including all 8 matches on the road; they broke or tied 30 of the club's team and individual records; and they earned victories in all 4 postseason contests, including a 38-16 rout of the Miami Dolphins in Super Bowl XIX. "Without a doubt, this is the best team in pro football today," Walsh boasted following a congratulatory phone call from President Reagan after the Super Bowl win.

Bill Walsh's greatest strength as a coach is his tactical genius.



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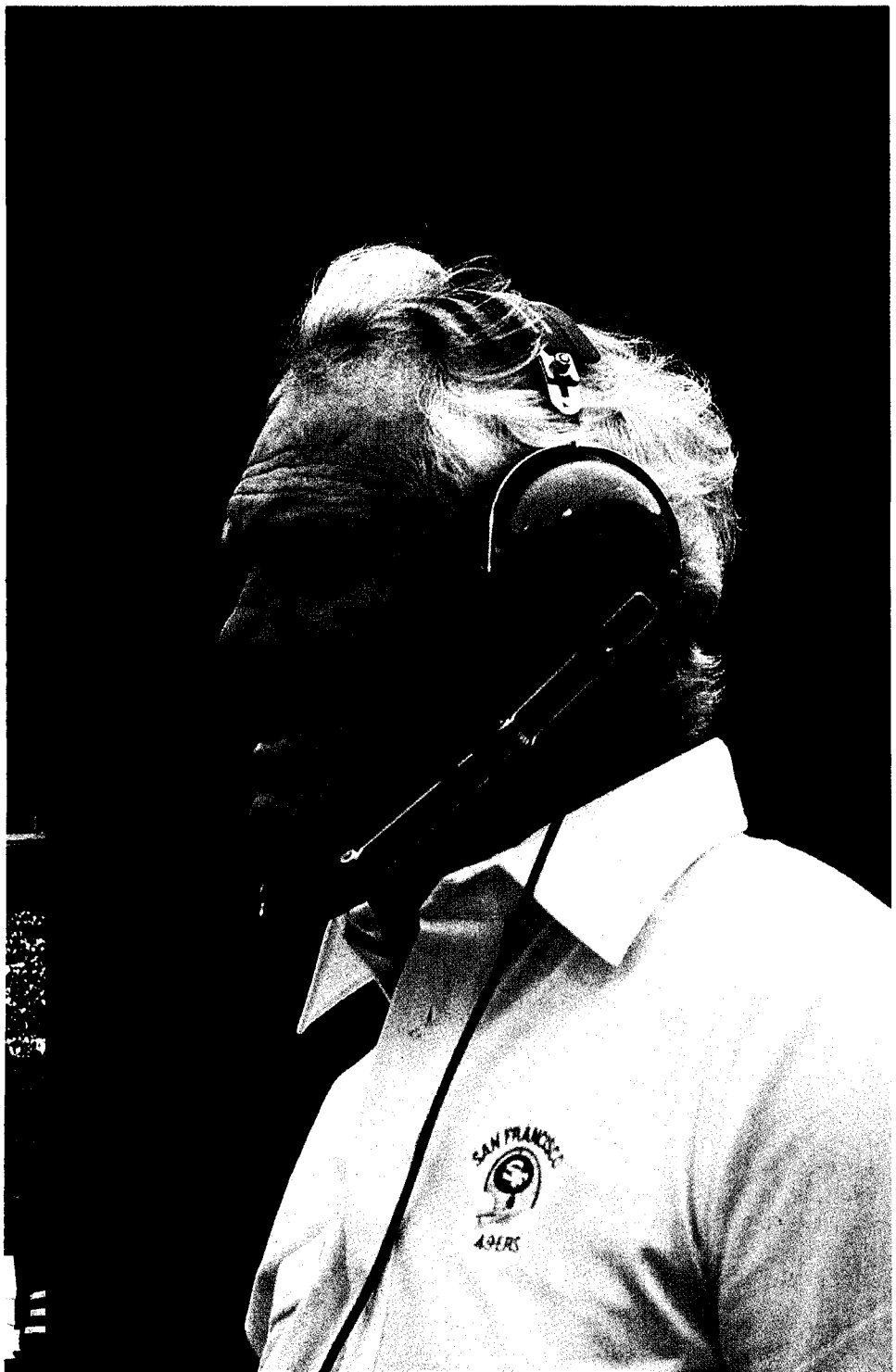
The 49ers offense is the most complicated system in the NFL, and Walsh has worked hard to teach his quarterback, Joe Montana, how to execute it.

One of the difficult things, Walsh says, is learning when to be flexible and when not. "It's very difficult to play the game of football as it has developed and be inflexible," Walsh notes. "You must find a way to adapt to circumstance, to conditions, to the opposition, and to such factors as the dynamics of the game and officiating. But when it comes to the standard of play, and the standard of concentration, and your commitment to your squad and coaching staff, you find yourself inflexible."



Good coaching is simply a matter of good communication to the San Francisco 49ers head coach, Bill Walsh. Add tactics complex enough to boggle a computer and leadership tempered by a sense of humor, and you have a Super Bowl champ.

Next to Tom Landry, the head coach of the Dallas Cowboys, Bill Walsh is the most recognizable coach in the pros. His longish, white hair and iron-rimmed spectacles give him the look of a college professor; on the sidelines he possesses the chilly calm of a high-stakes poker player. Considering Walsh's impact on the game, it's hard to believe that just eight years ago, his only head-coaching job had been at a high school. In part, the reason for Walsh's late start was that he himself never played pro ball, which for decades prejudiced many big-league team owners against entrusting him with a head-coaching job.

As a boy he possessed only average athletic skills. The blond California native accompanied his father throughout the Sunshine State as his dad took any laborer jobs available. "They were working-class people," recalls Walsh's 30-year-old son, Steve. "Grandfather worked in railroad yards and in a brickyard."

Bill Walsh changed schools frequently but stayed long enough at Hayward High School in northern California to win a running-back job. His skills, unfortunately, were insufficient to attract a scholarship from a "name" college. He instead played quarterback for two years at the College of San Mateo and finished his playing career as an oft-injured receiver at San Jose State University.

Walsh has no regrets about his missed opportunity to play pro ball. "It's escaped me now, so I don't give it very much thought," he says with a shrug. "I went into coaching with the resolve that my coaching career wouldn't be a disappointment to me, so I worked doubly hard at it."

In 1956, after a hitch in the army at Fort Ord, he gained a graduate assistantship in physical education at San Jose State and rejoined his old coach, Bob Bronzan, who even then recognized his pupil's aptitude for coaching. Bronzan, now retired, used Walsh as his right-hand man on the field. He was the first to recognize Walsh's genius for drawing up complicated offensive (and defensive) plays. When his disciple completed his studies at San Jose, the head coach wrote an impressive recommendation for Walsh's placement

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ALABAMA: HITTING HOME

A band of country cousins from "The Sock Capital of the World" has turned its Southern-style celebration of roots into something approaching a national mania.

by Bob Allen

Nineteen eighty-five has proved to be "The Year of Alabama" in country music, just as did 1984, 1983. . . . For three consecutive years, this foursome—three Alabama-born cousins and one transplanted Yankee—from the small town of Fort Payne, Alabama, has edged out such veterans as Willie Nelson and Kenny Rogers to win the Country Music Association's annual "Entertainer of the Year" award.

In the five short years since Alabama entered the national scene, the band has also won two Grammys, sold more than 16 million albums and cut 17 consecutive No. 1 singles. "It's unbelievable," says the 33-year-old bass player, Teddy Gentry, "especially when you consider that just a little over five years ago we were still doing songs for a dollar apiece in a little club in Myrtle Beach [South Carolina]! Playing for tips!"

Those days of passing the hat for spare change are now long gone. Today, the band routinely racks up $50,000 or more for a single performance. But Alabama's open-hearted musical charm and genuine populist spirit remain as unabashedly fresh and appealing as ever. Its clean, harmony-based brand of country rock is capable of infusing even huge crowds with the comfortable intimacy of a down-home Saturday-night square dance. Without contrivance, these four young men from Alabama have translated their enthusiastic, Southern-style celebration of roots and regionalism into something approaching a national mania—something dozens of slicker bands have tried and failed.

"Everything we sing is real; it's felt. We couldn't sing anything we didn't believe in," insists Gentry, who with his cousin Randy Owen, 35, has cowritten many of the group's most stirring anthems, such as "My Home's in Alabama." "I'd like to be remembered in a positive way, for making people feel good when they leave our concerts, like we gave them absolutely everything we had to give."

One testimonial to their sincerity: These four have, in a sense, traveled a long, hard road just to get back to where they started. Today, they still reside near their native Fort Payne (pop. 11,485), in the extreme northeastern part of the state, within spitting distance of the Tennessee and the Georgia borders.

The three country cousins, Gentry, Owen and the lead guitarist, Jeff Cook, 35, were all born and raised near Fort Payne. And today, when they have a few days off, you will find them there, rather than at the nightspots of Nashville or under the bright lights of Sunset Boulevard. What free time they have is spent with their families. (The three cousins are all married with children.) They pass their time at home raising cattle, eating barbecue down at the local outlet, fishing with their kids in the same fishing holes they fished as youngsters and generally clinging to the no-frills rural lifestyle in which they were brought up. Recently, they even headed a membership drive for the local and the national PTAs.

"The best part of all this is that, unlike a lot of others, we've been able to make the professional part of our lives work and still be at home," says Owen, the lead singer and guitarist. "We now know people all over the world, but we still live in the same little old community where we grew up."

A Fort Payne banker lent the boys money back when few people, other than the band members themselves, believed in the power of their music. And their neighbors and kinfolk in Fort Payne helped keep up their morale during more than a decade of fallow years when they had every reason to quit.

Not surprisingly, Alabama's music today is redolent of a sense of belonging, of a sense of home and of gratitude for the emotional ties that bind:

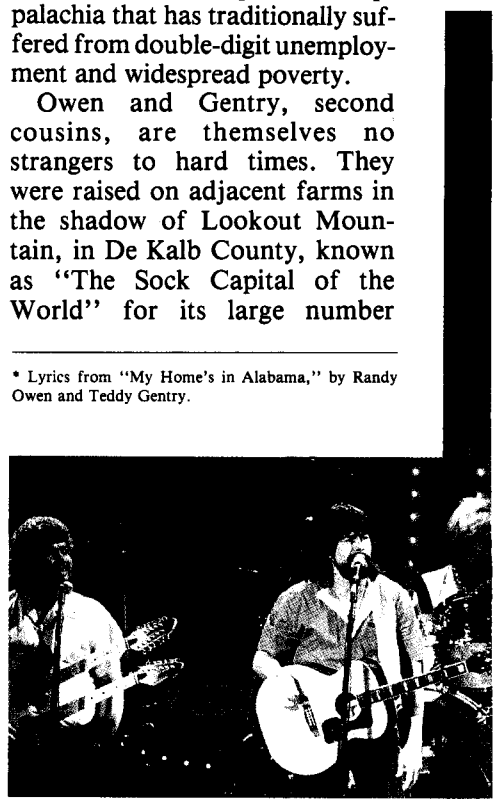
Could it be the satisfaction
Of being understood
When the people really love you
And let you know when it's good?

Oh, I'll speak my Southern
English
As natural as I please.
I'm in the heart of Dixie
*Dixie's in the heart of me.**

But the Alabama men have done more than just write songs about home; they've found an even better way to pay back old emotional debts and to reaffirm their sense of community. Their annual "June Jam," a huge benefit concert held each spring in Fort Payne, has drawn hundreds of thousands the past few years. The event has raised more than a million dollars, distributed among dozens of community organizations—everything from the Four-H and the Boy Scouts to the Birmingham Children's Hospital and the regional council on alcoholism. This generosity is a particular boost to this pocket of Appalachia that has traditionally suffered from double-digit unemployment and widespread poverty.

Owen and Gentry, second cousins, are themselves no strangers to hard times. They were raised on adjacent farms in the shadow of Lookout Mountain, in De Kalb County, known as "The Sock Capital of the World" for its large number

* Lyrics from "My Home's in Alabama," by Randy Owen and Teddy Gentry.



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of textile mills. The two grew up like brothers, working side by side in the fields, raising cotton, hogs and watermelon as they helped their families scrape a meager living out of the soil. Neither family could afford a television or a radio. Owen remembers seeing his father, a guitar-picking, God-fearing man named Gladstone, break down and cry when a hard rain washed away the corn crop in which he'd invested every cent he had.

"I think me and Randy were raised in more poverty than Loretta Lynn or anyone in this [country music] business," the tall, soft-spoken Gentry says with a laugh. "I was talkin' to Loretta one night, and I said, 'Loretta, at least when you were growing up, you had an outhouse. All we had was a path!' "

"Success is probably sweeter to me than to anybody in the band," Owen adds. "I know what it's like to be nowhere."

By the time they were five years old, Owen and Gentry (who, indeed, look much like brothers when their dark, handsome features are etched side by side in the spotlight) had already begun singing together at the Lookout Mountain Pentecostal Holiness Church, which they attended with their families. Some time later, in high school, they met a city cousin (four times removed), Jeff Cook. The son of an auto-parts salesman who was also a guitar player, Cook grew up closer to town, in more financially secure, middle-class comfort than his cousins. Since the age of three, he had been involved in several bands. In 1969, the three joined forces musically and made their debut. At their first performance in a local talent show, they sang a Merle Haggard tune. The youngsters won the contest and received tickets to the Grand Ole Opry, where they met Lester Flatt backstage. Soon they were playing for small wages at Canyonland Park near scenic Little River Canyon.

Before the three finally decided to pursue their music full-time, Owen earned an English degree at a nearby university. Cook attended an electronics trade school and landed a job with the federal government, and Gentry continued laying carpet for a living.

The band members finally summoned up the courage—against the strenuous objections of their parents—to leave their daytime jobs behind and seek their fortunes as musicians. Several frustrating years on the Southern night-club and motel-lounge circuit followed. The musicians went heavily into debt, paying to record their own records and promoting them out of their own pockets while they tried repeatedly and without success to attract the attention of Nashville's recording industry. "We had just about every reason to quit," Cook adds. "But we went on anyhow."

Then, after losing a succession of six drummers, the band stumbled across Mark Herndon, a Massachusetts-born marine brat. He auditioned for the group when it played at a Holiday Inn where his mother was night clerk. Herndon's restless rock-'n'-roll sensibilities gave the band an edge of contemporary energy.

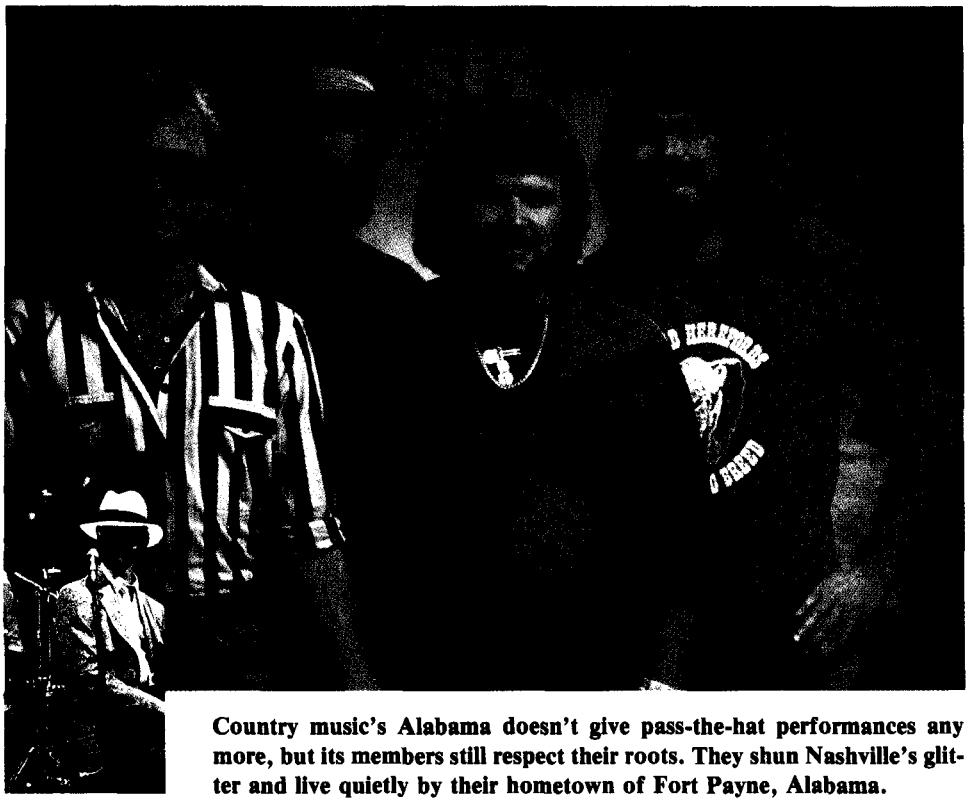
In 1980, executives from RCA Record's Nashville office spotted Alabama at a talent show in that city's Hyatt Regency. RCA signed the band in hopes that its debut album might sell 50,000 copies. It's since sold 2 million, and it's still selling!

Early on, the three cousins had the foresight to incorporate the group. Today, they control their extensive business operations (everything from booking their own concerts to publishing a free quarterly fan-club newsletter) from headquarters in Fort Payne. "We now have retirement programs set up for all our employees, as well as for ourselves," Owen explains. "We make sure they've got insurance coverage. We hope that everybody who works for us will be able to get 'em a house. That's all very important to us."

Alabama members also guard with near ferocity the rather wholesome, clean-cut image they've nurtured over the years. You can call it country or you can call it rock, but one thing is certain: Alabama will never put on a show you couldn't take your children to see. The performers don't even permit their road crew to drink alcoholic beverages near an auditorium or anywhere in the public eye.

"To me, all these awards we've won are something to live up to," Owen says. "We're not a bunch of angels, by any means. But we do believe in promoting the positive things. People write us letters and say their little boy sings our songs, or one of their kids has a double-neck guitar like the one Jeff plays. These are the kinds of things you've got to be aware of as far as the way you live your life."

"The music, the money—all those things are important," Gentry adds. "But the main thing is doing what we do with dignity. That's the way we've come up, and hopefully when the time comes, we'll go out the same way: with dignity."



Country music's Alabama doesn't give pass-the-hat performances any more, but its members still respect their roots. They shun Nashville's glitter and live quietly by their hometown of Fort Payne, Alabama.

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BIRDS NOT OF A FEATHER

Wildlife art takes flight in the hands of the artist and sculptor Jules A. Bouillet.

by Maynard Good Stoddard

I had never seen a red-tailed hawk —at least not close enough to identify, much less close enough to touch. Now, here were two—a yearling on the wing being taught hunting technique by an adult about to nail its victim, a ruffed grouse. I couldn't resist reaching out to stroke one of the soft, downy, beautifully marked flight feathers.

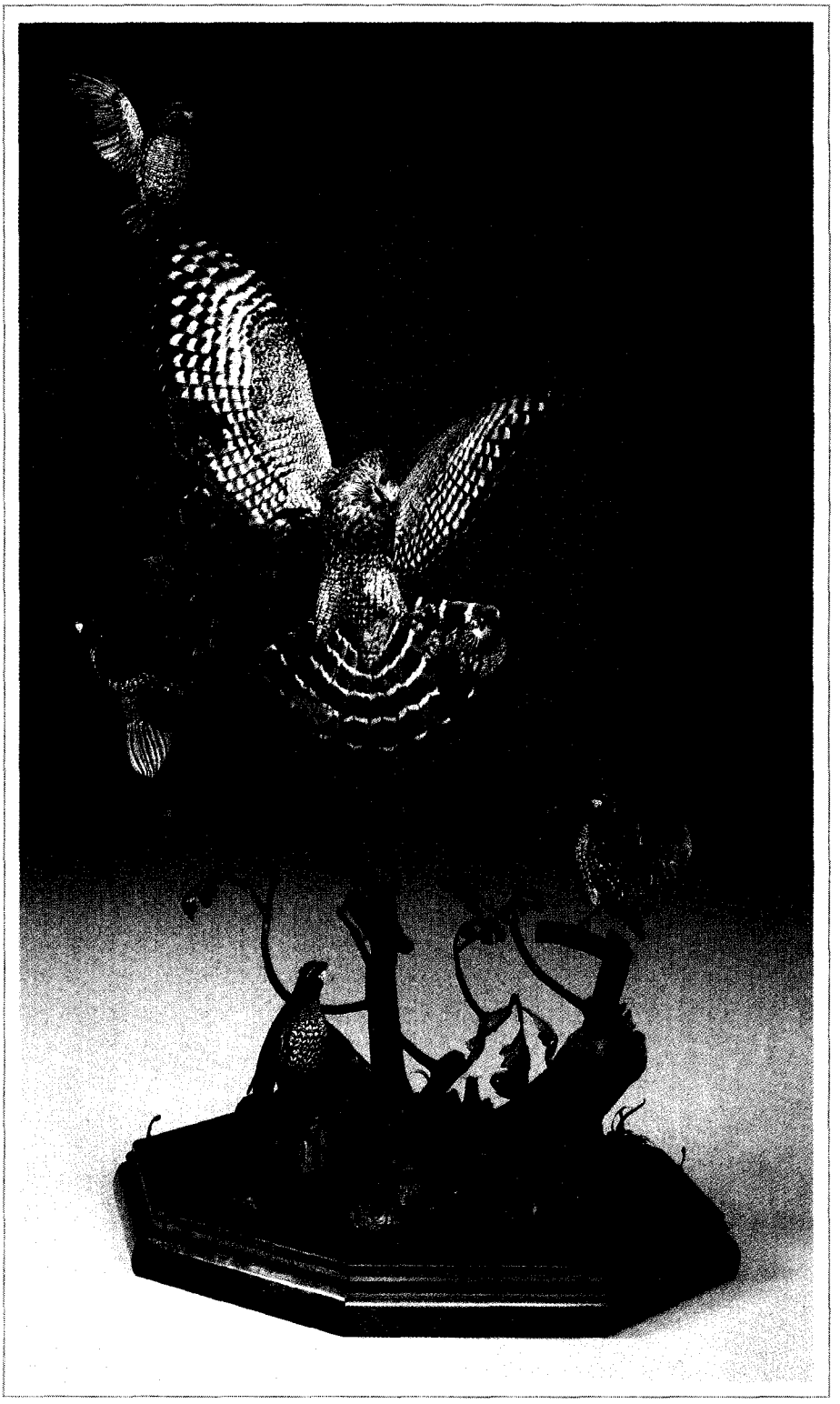
"Fake," Jules A. Bouillet exclaimed as my fingers made contact with what proved to be anything but downy. "All fake." And who would know better than the artist, sculptor, welder and engineer who had poured many months of work into this unbelievable wildlife sculpture?

"The feathers are wood," Bouillet said. "Except for the two that hold the piece up; they are steel. The birds have the proper number of flight feathers, but I don't use all the cover feathers—it wouldn't look right. The beaks are polished wood, the eyes are glass, the leaves around the base, aluminum. That branch supporting the adult hawk is not wood at all, but steel. That's why a creator of one of these major pieces must be a welder as well as a sculptor, a wood-carver and a painter."

So how many assistants does Bouillet have? "This is it. I do it all," he said, gesturing toward himself.

Being a full-time wildlife artist is quite a leap from Bouillet's first career, as the owner and manager of three beauty salons. He was dabbling in water colors at age 16, however; he took the Famous Artists Course during a three-year stint in the U.S. Navy. And his father is a sculptor and a painter.

"I really learned by osmosis," Bouillet said. "My father, who did it for enjoyment rather than as a business, never sat me down and said, 'This is the way to do it.' But for years I had seen carving and I'd seen painting, and it was just one of those things. When I finally decided to begin fooling around with it, I knew



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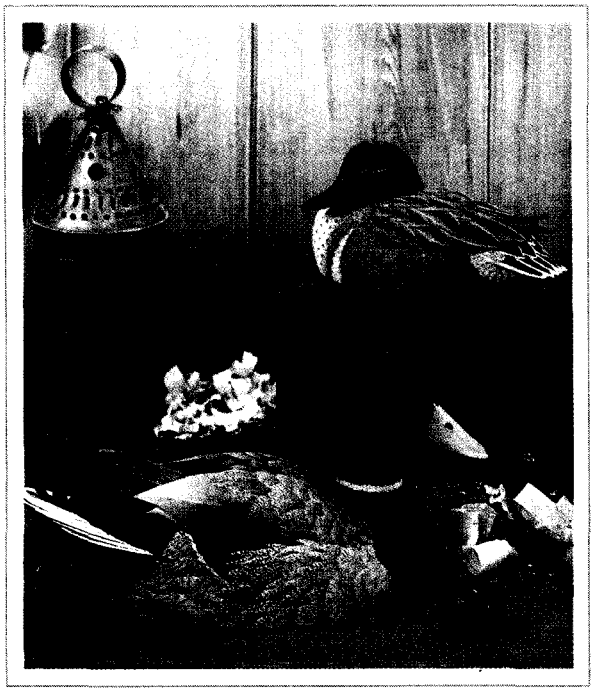

A wildlife artist's task: recreating nature in all its detail. Jules Bouillet reproduces it on every feather. To "do it right," he borrows museum preservations of real birds.

just how I should begin.

"I never really had any training. I don't have that first piece of paper that says I can do anything. In other words, I have no degrees in art; I have no degrees in anything."

I suggested that no small amount of courage must have been involved in giving up a successful 23-year career shearing hair to begin carving ducks. "Not really," came his modest reply. "While phasing out the beauty business I was working three days a week with this other stuff. By age 40 I was getting into art real strong. And two years later I made a decision that if I wasn't going to go at it all-out, then I probably never would. We had something like a hundred stores handling our work even then. So, three years ago I felt like I wanted to try."

Besides the masterpiece he brought with him that day, Bouillet has created four other major pieces. His latest in-the-air project took eight months to complete. He said the idea for one of these stop-action representations usually begins from reading something. He pointed to the winged sculpture that had fooled me with its lifelikeness and said, "This idea came from learning that red-tailed hawks hunt in pairs, one of them often being a youngster. I like doing pairs with another piece added—in this case a ruffed grouse."

After getting the idea, Bouillet makes a small model out of clay. He makes changes as more ideas come to him. The next step is a full-size model, done in Styrofoam, except for the wings—they are paper, so they can be turned to just the right angle.

This affable 46-year-old Vincennes, Indiana, native has referred to his talent as an art, not a craft, but the obvious question remains: Artist or craftsman, how can even the sharpest knife or finest brush breathe life and such exquisite detail into a block of walnut wood?

"I work from a preserved skin. Most of the museums will lend me a skin," he explained. "To do detail as tight as I do, I must have the real thing in front of me. I can't work from a photo; it just doesn't do it."

"When finished, then you begin reproducing them?" I asked.

"Oh, no! These are not reproduced. These are one of a kind. They are showpieces—museum-type pieces," he replied. But he does sell them, some going to private homes, and some to corporations—Kimball International and Mack Trucks for two. Is it a living? Well, when a piece such as the one now beside us can command prices of up to $35,000, it isn't exactly pinfeathers.

The hiatus between these multi-figure pieces isn't all tennis and building and flying model airplanes, Bouillet's favorite hobbies. The artist keeps busy in the interim creating models of single birds. Molds are made, and some models are then cast in an Artwood medium—a film polyester—especially chosen to retain the solidity and the rich grain of his hand-carved, walnut-wood originals. Others are cast in bronze. These single pieces are done in editions of 1,000, individually signed and numbered. When the edition is sold out, there are no more.

And sell they do, in 325 outlets across the country. Of some 20 of these editions issued, about 12 are already sold out. In riffling through a brochure of "The Jules A. Bouillet Collection of Wildlife Art," I saw that the Bobwhite Quail, the Wood Duck, the Canvasback, the Canada Goose, the Bufflehead, the Green-Winged Teal and the Ruddy Duck I were still available. Besides the SOLD OUT sign on a dozen or more, Ruddy Duck I obviously is now decorating the homes of 1,000 wildlife enthusiasts across the country, for it isn't even illustrated. The cold-cast bronze Mallard Duck, now nesting placidly on my desk top, is priced at $125, I was told. In colors, it would be more.

The pieces have lifelike appearance enough in the brochure. But one must come face-to-feather with the real thing to believe the incredible conformity. Even then, exhibit patrons gathered around the "Don't Touch" masterpieces of Jules A. Bouillet argue that the works *must* be those of a taxidermist.

Exhibits? Bouillet is invited to show his work at the most prestigious here and abroad. They include the Leigh Yawkey Woodson Art Museum in Wausau, Wisconsin, the Cleveland Museum of Natural History, the Ward Foundation in Salisbury, Maryland, and the Midwest Wildlife Art Show in Kansas City (at which he won Best of Show for his wood carving of the "Red-Shouldered Hawk with Covey of Quail"). This particular piece was also exhibited at the British

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Others might not give a hoot, but Bouillet is accurate to the smallest detail.

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NANCY REAGAN: A LOVE STORY

"1 plus 1 equals 11 when two people are in love."
—Paul Harvey

by Cory SerVaas, M.D.

Antony had his Cleopatra, King Arthur his Guinevere; Winston Churchill loved Clementine and it's no secret President Reagan adores his Nancy.

From Paris to Tokyo, the world is aware that a great romance of history is occurring in our White House. The President's devotion to Nancy shines through every time they are seen holding hands, exchanging glances or greeting each other.

When I went to the White House for an interview with Nancy Reagan, I took a copy of a framed quote I'd had printed 30 years ago to give to my husband for Christmas. It was taken from remarks Winston Churchill once made about his wife, Clementine. I felt Churchill's magnificent prose might express how our First Lady feels about her own husband:

"My Marriage Was Much the Most
Fortunate and Joyous Event
Which Happened to Me
in the Whole of My Life,
for What Can Be More Glorious
Than to Be United
in One's Walk Through Life
with a Being Incapable of
an Ignoble Thought."
. . .Winston Churchill

When Mrs. Reagan finished reading it, I asked her if she felt the words described her feeling for the President.

She smiled and said: "That's very nice, and yes, that's how I would describe my husband."

It was a steaming hot day just after the Fourth of July weekend, and if Nancy Reagan would have preferred to be out in the fresh air of their California ranch, she never let on. Instead, she sat graciously for a private interview in the library of the White House.

This was to be a week she'd never forget. It was Tuesday afternoon; her husband would go to Bethesda Naval Hospital for a routine procedure on Friday, and then she would be told of the colon-cancer diagnosis. But today she sat serene and beautiful in a coral silk dress with a soft neckline and perfectly matched coral earrings and necklace. She was relaxed and happy.

Only a few days earlier the Reagans had celebrated the Fourth

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of July and the release of the TWA hostages from Beirut. It had been a good year for our country's First Couple. A photographer caught the brilliance of their true love affair, which was then replayed in magazines around the world.

"Le baiser des Reagan a rassuré toute l'Amérique" ("The Reagans' kiss cheers all of America") proclaimed the French magazine *Le Figaro.*

"Was für ein Paar!" ("What a pair!") exclaimed *Bunte,* the German magazine.

You, a London Sunday magazine, simply said, "Rawhide loves Rainbow," referring to their names in a Secret Service code book.

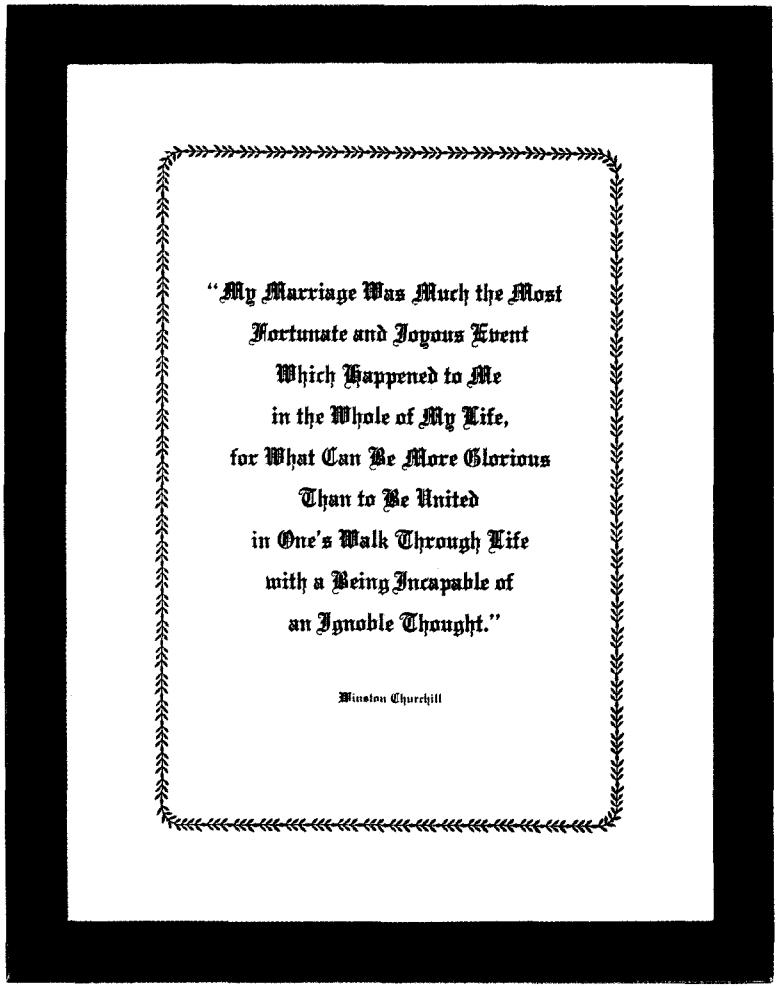
None of this was news to the *Post*. The Reagans' romance has been displayed on our covers as far back as 1974.

When Nancy Davis met Ronald Reagan, her mother predicted she would marry him because he had so many characteristics of her stepfather, Dr. Loyal Davis, a famed neurosurgeon. Both men, from small towns in Illinois, were crusaders with strong convictions for social justice. Before she had discovered Ronald Reagan, Nancy had depended upon her stepfather, whom she loved. At the tender age of 14, she is said to have consulted a judge, a neighbor in her parents' Phoenix apartment complex, to inquire if she could "adopt" her stepfather. The amused judge smiled and told her he thought that could be arranged. He knew that Dr. Davis had long wanted to officially adopt Nancy but preferred that she make the decision.

To know more about the man who had had this profound influence in shaping her life, I reviewed several books by and about Dr. Loyal Davis. I had read of his work 20 years ago when I was a medical student and developed great respect

continued on page 57

(Left) The First Lady and the *Post*'s editor share a light moment during the interview, just a few days before the President's colon surgery.


"My Marriage Was Much the Most
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in the Whole of My Life,
for What Can Be More Glorious
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Winston Churchill

♥ **(Below) An enduring romance began in Hollywood where Nancy Davis played opposite Ronald Reagan. When they filmed *Hellcats of the Navy* they had already embarked on a marriage that he said changed the course of his life.**

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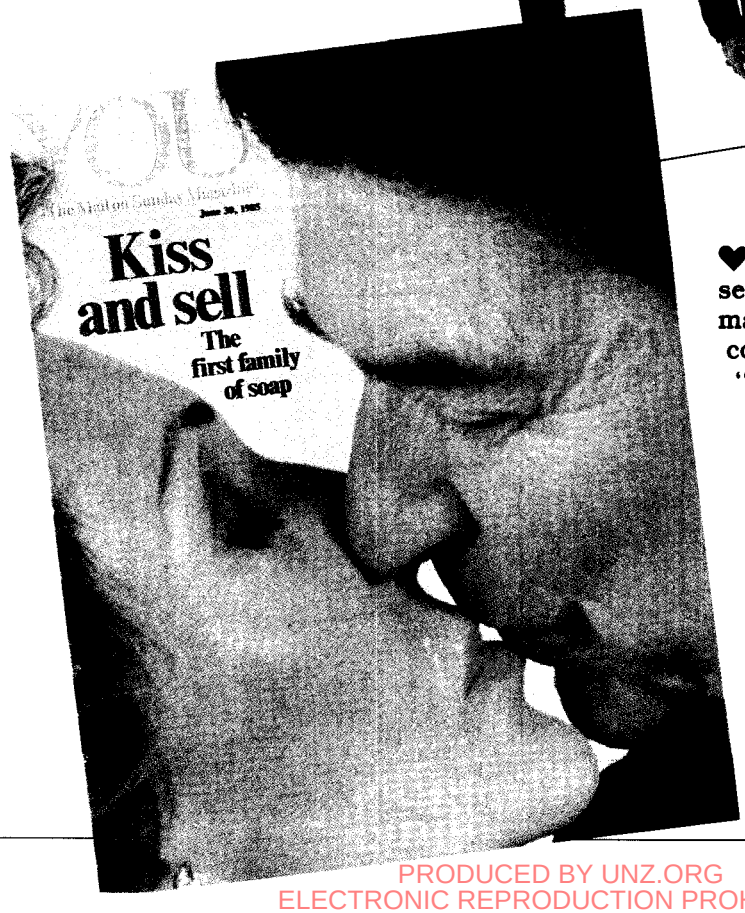
♥ The French are always quick to acclaim lovers. *Le Figaro* magazine's banner headline (below) translates, "The Reagans' kiss cheers all of America." Photographer Harry Benson captured the couple before a White House state dinner honoring the president of Argentina.



♥ The Reagan love affair is no secret in England, where *You* magazine used their Secret Service code names in the headline " 'Rawhide' loves 'Rainbow.' "

♥ *The Saturday Evening Post* first ran the Reagans on its cover in 1974.

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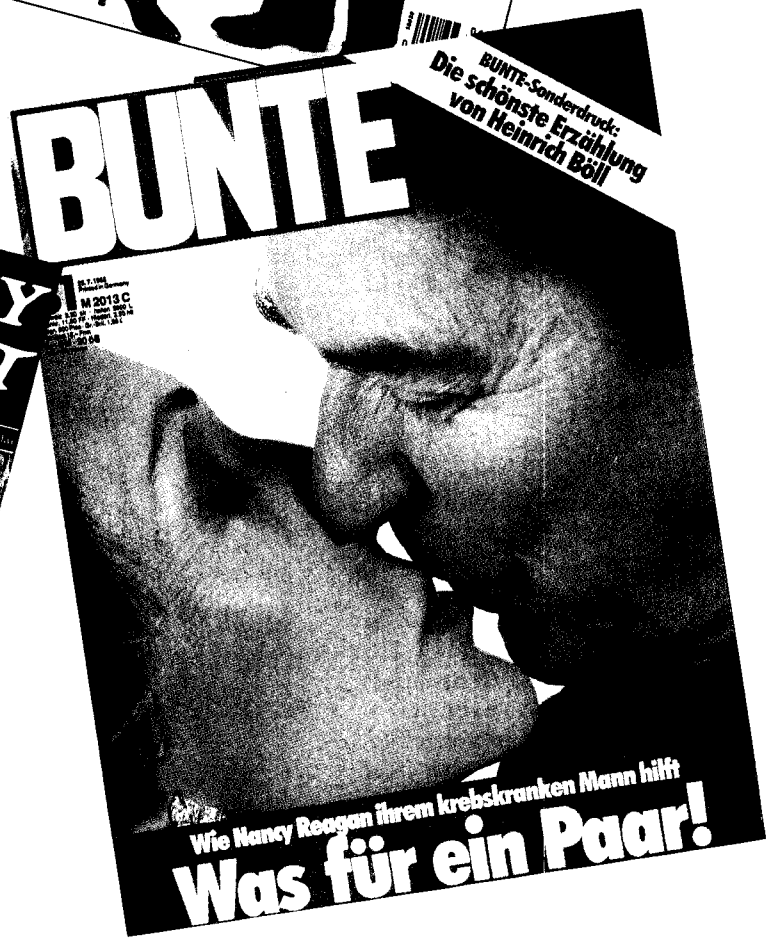
♥ *Vanity Fair* calls the Reagan romance "the most public in the world—and they don't mind who knows it."

l'Amérique
Pour le 209e anniversaire de l'Independance Day, célébré jeudi avec une particulière ferveur, jamais l'Amérique n'avait été aussi proche de son président. « Happy end kiss », comme dans un film, le drame de Beyrouth s'est achevé par un baiser.
TEXTE PHILIPPE DUFAY
PHOTOS HARRY BENSON

THE SATURDAY EVENING POST
April '84
Coal: Black, Beautiful and Beautiful
Richard Chamberlain
Miami Vice Breaks Into The Movies
Otto von Habsburg on Titos
Frank and Me
Vitamin C and the Very Common Cold
Birmingham, Oh Birmingham
Caveat Emptor by Julie Nixon Eisenhower



♥ "What a pair!" exclaimed the German magazine *Bunte*.

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♥ The distinguished neurosurgeon Dr. Loyal Davis, Mrs. Reagan's father (left), died in 1982. "He was a man of more strength and integrity," she says, "than any I have known other than Ronnie." (Below) "Patients for Sale," a lead story in a 1954 *SatEvePost*, reported on Dr. Davis' crusade against the controversial practice of fee splitting. Doctors were accused of purchasing their patients with "blood money."

Patients for Sale

By STEVEN M. SPENCER

♥ Anne Frances Robbins, nicknamed Nancy early on, and her mother, a popular actress, were so close that separation caused the little girl much unhappiness. On one occasion, when Nancy, four, had to be left with an aunt, she vowed that if she ever had a little girl, she would never leave her. The bouts of loneliness from these separations may account for Nancy Reagan's more-than-normal compassion for children who are hurting, as evidenced by her Foster Grandparents Program and her drug-abuse crusade.

♥ In June 1958 the Reagans became the joyful parents of a son, Ronald Prescott. With Patti, 5, Ron, Jr., brought to fulfillment what the actress Nancy Davis, at 27, had written on her MGM questionnaire as her greatest ambition: "To have a successful marriage."

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♥ Governor and Mrs. Reagan pose for a *SatEvePost* cover story in 1974. Inside their home we found entwined hearts with the initials N.D.R. and R.R., which the future president had carved in 1954 while the concrete was still wet.

♥ The Reagan family portrait, taken in the White House, 1981: (From the left) Geoffrey and Anne Davis, Nancy Reagan's nephew and niece; Dennis Revell; Maureen Reagan, the President's daughter; Michael Reagan, the President's oldest son, his wife, Colleen, and his son, Cameron; the President and the First Lady; Neil Reagan, the President's brother, and his wife, Bess; Dr. Richard Davis, Nancy Reagan's brother, and his wife, Patricia; Patti Davis (who uses her mother's maiden name), daughter of President and Mrs. Reagan; Ronald Prescott Reagan (Ron, Jr.) and his wife, Doria.

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At one white-tie Gridiron Dinner, an annual political "roast" attended by the President, top officials and other Washington VIPs, one reporter had the pluck to imitate Nancy Reagan in song, substituting "secondhand clothes" for "Secondhand Rose."

"Secondhand clothes.
I give my secondhand clothes
To museum collections and traveling shows.
They were oh-so-happy that they got 'em,
Won't notice they were ragged at the bottom.
Good-by, you old, worn-out mess,
I never wear a frock more than once.
Calvin Klein, Adolfo, Ralph Lauren
And Bill Blass.
Ronald Reagan's mama's going strictly
First class.
Rodeo Drive. I sure miss Rodeo Drive
In frumpy Washington.
Secondhand rings,
Donate those old, used-up things.
Designers deduct 'em,
We're living like kings.
So what if Ronnie's cutting back on welfare?
I'll still wear a tiara in my coifed hair."

When Nancy abruptly left her place on the dais, it was thought that the reporter had gone too far and that she was upset. Within a few minutes, however, a bizarre-looking figure sauntered onto the stage wearing a white feather boa, an aqua skirt fastened with safety pins, white pantaloons graced with blue butterflies, a feathered hat and yellow rubber boots. To a standing ovation Nancy Reagan then sang her own hilarious version of "Secondhand Rose."

"I'm wearing secondhand clothes,
Secondhand clothes.
They're quite the style
In spring fashion shows.
Even my new trench coat with fur collar
Ronnie bought for ten cents, on the dollar.
Secondhand gowns
And old hand-me-downs,
The china is the only thing that's new.
Even though they tell me that I'm no longer Queen,
Did Ronnie have to buy me that new
Sewing machine?
I sure hope Ed Meese sews."

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Two years ago the First Lady kicked off a campaign called "Just Say NO!" Originally directed at fourth- and fifth-graders in a high-crime area in Oakland, California, it had such an impact that at one elementary school the kids organized a "Just Say NO!" club. This year, 2,000 members marched to the White House to be greeted by Mrs. Reagan. It is estimated that next year 5 million will be marching in a "Just Say NO!" protest to drugs.

The First Lady arranged her Italian itinerary so that she could participate in a discussion with a rehabilitating drug abuser at the San Carlo Therapeutic Center, administered by Father Don Mario Picchi.

Nancy Reagan chose Italy to publicize drug abuse overseas. (Below) She and His Holiness Pope John Paul II exchange gifts following her private audience at the Vatican.

for his work and his integrity in fighting to correct a social injustice.

I brought Mrs. Reagan a January 16, 1954, copy of *The Saturday Evening Post* containing an article and a picture of her now deceased stepfather with the story of his crusade against an evil of his day—fee splitting among doctors. It was entitled "Patients for Sale."

She glowed with pride at the sight of her handsome stepfather's picture in the article, which told of his battle against fee splitting by physicians in that era and his determination to rid the American Medical Association and the American College of Surgeons of any members who would participate in this practice. His vehemence brought some controversy, but not from those who knew the dangers of such an ominous practice. His position earned him criticism even from the AMA, but he was right and he knew it, and he won the respect of the public and eventually the entire medical profession for bringing this potential evil out in the open.

During the interview, Mrs. Reagan spoke enthusiastically of the victories won in her drug-abuse program, of the increased drug awareness and the rise of parent organizations. Our government couldn't have produced a more effective dynamo to spearhead the global undertaking she has launched. Since the First Lady isn't on any government payroll, to my knowledge, this probably makes her the No. 1 volunteer in the country.

How much of her stepfather's crusading nature had been passed along to his only daughter? I asked.

"He influenced me in many, many ways," she said. "He was just a *great* influence on my life."

"And did you develop your concern for health and drugs from his example?" I asked.

"I got interested in the drug-abuse problem in the '60s when it all started and we were all so unprepared and knew nothing. . . nothing! You know, parents didn't know anything, children didn't know anything—this was a whole brand-new problem, and we were told that marijuana wasn't

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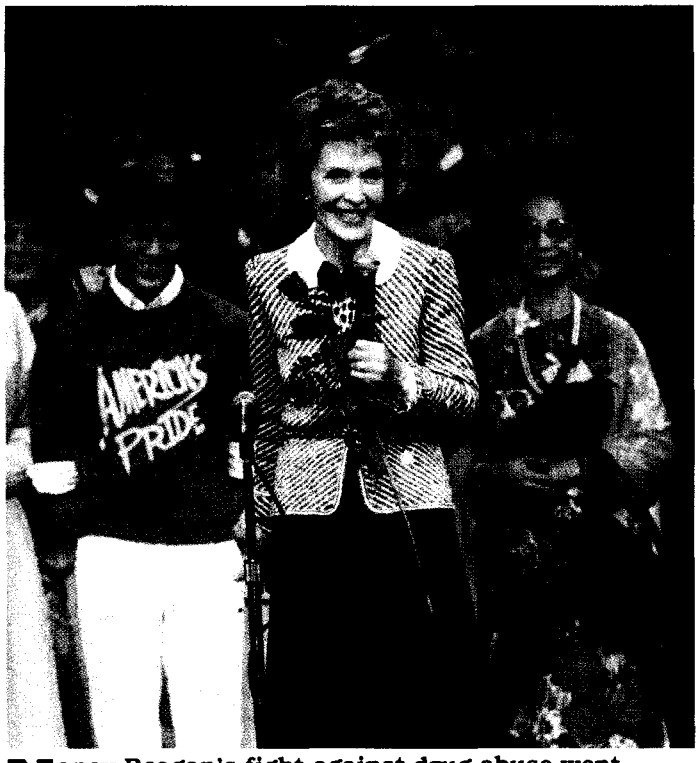
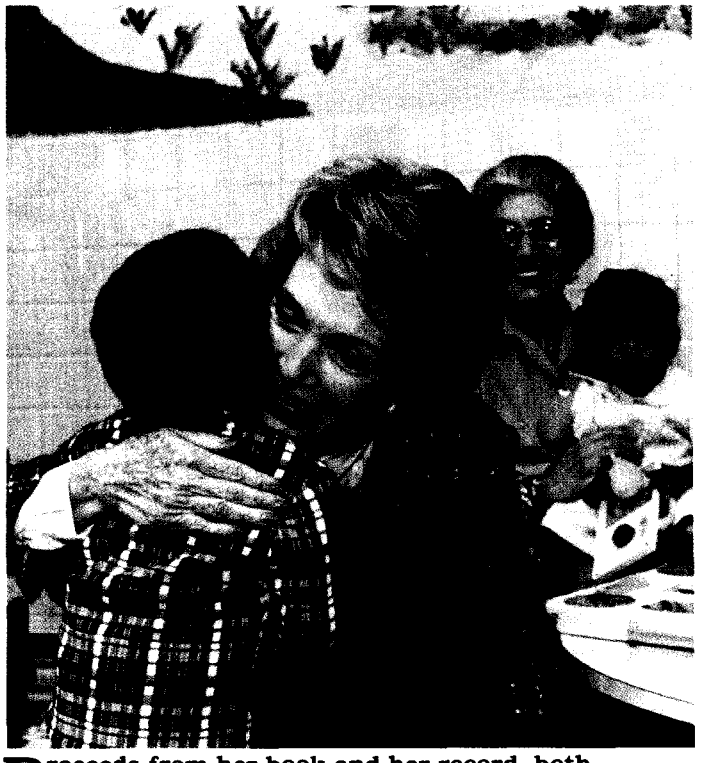


Nancy Reagan's fight against drug abuse went international in April as first ladies from around the world came to the United States to attend her "summit conference" in Washington. Here, she and other first ladies visit a meeting of PRIDE, or Parents' Resource Institute for Drug Education, Inc.



Proceeds from her book and her record, both titled *To Love A Child*, will go to support the Foster Grandparents Program, which Mrs. Reagan began promoting as the California governor's wife more than a decade ago.

anything."

"Why do you think that happened?" I asked her. "We were taught 20 years ago in medical school that marijuana damages the brain—that you can't drive as well under the influence of marijuana—and yet the press was persistent about its harmlessness. Why?"

"Well, there was a report *from Washington* that it was harmless," she replied.

"How do you think that happened?" I asked.

"I don't know, I wasn't here," she said with a laugh. "This wasn't the press, this was the *government*. The *government* put out the report."

"Even so, I never could understand, in the face of all the evidence to the contrary, why the press kept being so soft about it," I persisted.

She hesitated briefly. "Well, in the very beginning, the only thing I can think of is that it was because of these doctors who were involved with that report [the report from Dr. James L. Goddard, then commissioner of the FDA]. They have all done a complete turnaround and now see it as it is, and have refuted what they said in the beginning. But it had a tremendous influence on a lot of kids who kept referring to this article and saying, 'You know, it's no more harmful than a glass of wine or something.' There was always that comparison, if you remember."

"Do you think the danger of cocaine is being underplayed too?" I asked. "You know that if you sniff it long enough you may end up with only one nostril instead of two? Your septum is gone. It can be very dangerous. Do you think it's still downplayed?"

"Oh no, I don't think so," she responded. "I think no. I think that one of the good things about what we've been doing is that we've brought the attention level to where it should be, and that makes me very happy."

"In your drug studies, have you been reading about dip and snuff? Stamp out snuff! Is that part of your campaign?" I asked.

"Well, it's at the periphery. I mean, it's an offshoot to the whole new drug thing."

I shared with Mrs. Reagan our appalling discoveries at the Children's Better Health Institute, where our editors are dismayed after interviews with mothers in tears telling how they discovered the use of snuff and dip even by their preschoolers. An example was Rhonda Atkins, a nurse from Oklahoma whose five-year-old asked her to get him some dip. When she returned with onion dip, he said, "Oh no, mommy, not that." Whereupon he led her to the smokeless-tobacco section and

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If presidents grow in office, so do first ladies. Nancy Reagan, who once preferred not to make speeches, now steps up to podiums around the world and makes hundreds of appearances and interviews yearly to get her point across—drugs and kids don't mix.

pointed to the dip he was using. She berated the grocer for having sold dip to young children. When she finished, the grocer just smiled and said, "Well, lady, it's *not* against the law." Then she saw to it that her state passed a law prohibiting selling or giving it to minors.

Mrs. Reagan nodded and said, "You see, that's why I'm a big believer in parent groups. That's where mothers and fathers can be so valuable. Once they get informed and knowledgeable and involved with their children's lives, they can do things like that!

"And now the parents' groups have grown tremendously—not only in that area, but they've been a wonderful support system for each other, because in the '60s and the '70s they were self-conscious about drugs. You know, they thought their child was the only child on drugs; they were embarrassed and they didn't know too much either.

"Now there's a little bit of that because you go through a denial period, usually with a parent and a child. The parent will say, 'Not my child,' you know, 'not my child—my child couldn't be on drugs,' or the child will say: 'Not me!' But after you get past that, then they are very good support systems for each other. They can talk, they can compare notes, they get involved with the schools, they get involved with their children's lives. If the child comes home and says Johnny is having a party on Saturday night, the parent will call Johnny's parents and ask: '*Is* Johnny having a party Saturday night, and are you going to be there and, of course, no liquor?' Then the parents' groups spread out and they get involved with what's going on at school and in the neighborhood. They're very effective."

"What new projects have you planned?" I asked.

"Well, you know, we had the 17 First Ladies from different countries, because I think people have got to realize, and it's important to stress, that this is a global problem. It's not just here; it's all over. I think we have raised the level of awareness here, and we'll keep that up. And now we want to reach out to those other countries because many of them are just now becoming aware of what's happening. If you can help them by what you've learned, maybe they can avoid some pitfalls."

The First Lady's crusade is raising the drug awareness of people around the world. Ten years ago "drugs" was a dirty word. It was like smoking—many people didn't want to talk about it.

Mrs. Reagan has said many times that we are not going to resolve the problem by eradicating drugs from our culture or by preventing the flow of drugs into this country. Designer drugs can be formulated in the basement of anyone's house. And you can't make inhalants, such as glue, illegal. You can make the selling of "dip" to minors illegal in Oklahoma, but there is always that 21-year-old who will go in and buy it for some children.

Mrs. Reagan believes the answer is to do away with demand. She says that exposing children to anti-drug abuse literature at a very early age is what gives them a value system and a set of standards that they can learn in the home. That, she believes, is the key to changing attitudes toward drug abuse.

Mrs. Reagan told of her campaign called "Just Say NO!" A public-relations campaign by the ad council for the Department of Health and Human Services, it was directed at fourth- and fifth-graders in a high-crime area in Oakland, California. The program had such an impact that at one elementary school small children started a club called the "Just Say NO!" club. The club began to grow, and on April 29 of this year 2,000 members in the D.C. area marched to the White House to be greeted by Mrs. Reagan. Simultaneous marches in 15 different cities produced 30,000 kids marching and carrying posters. It looked like a protest—and it really was, a "Just Say NO!" protest to drugs. Next year, on May 24, the end of the school year, it is estimated that 5 million of these elementary-school kids, with Mrs. Reagan's support, will be marching in a protest to drugs.

Mrs. Reagan believes drug abuse must be defeated at the fourth- and fifth-grade levels, if it is to be beaten.

One of the men who travels with Mrs. Reagan explains her rapport with the children: "I've done so many events where, after the cameras are off and the media leave, she's back there with the kids. It happened like that when the kids were touring the detention center at Tulsa. The class was sitting in the courtroom listening to the judge brief them about what happens to kids who get involved with drugs and are convicted of a crime as a juvenile. It was a great event and the kids listened closely. But there were the cameras and photographers and tons of equipment. When we walked out of the courtroom and the camera people went to set up in

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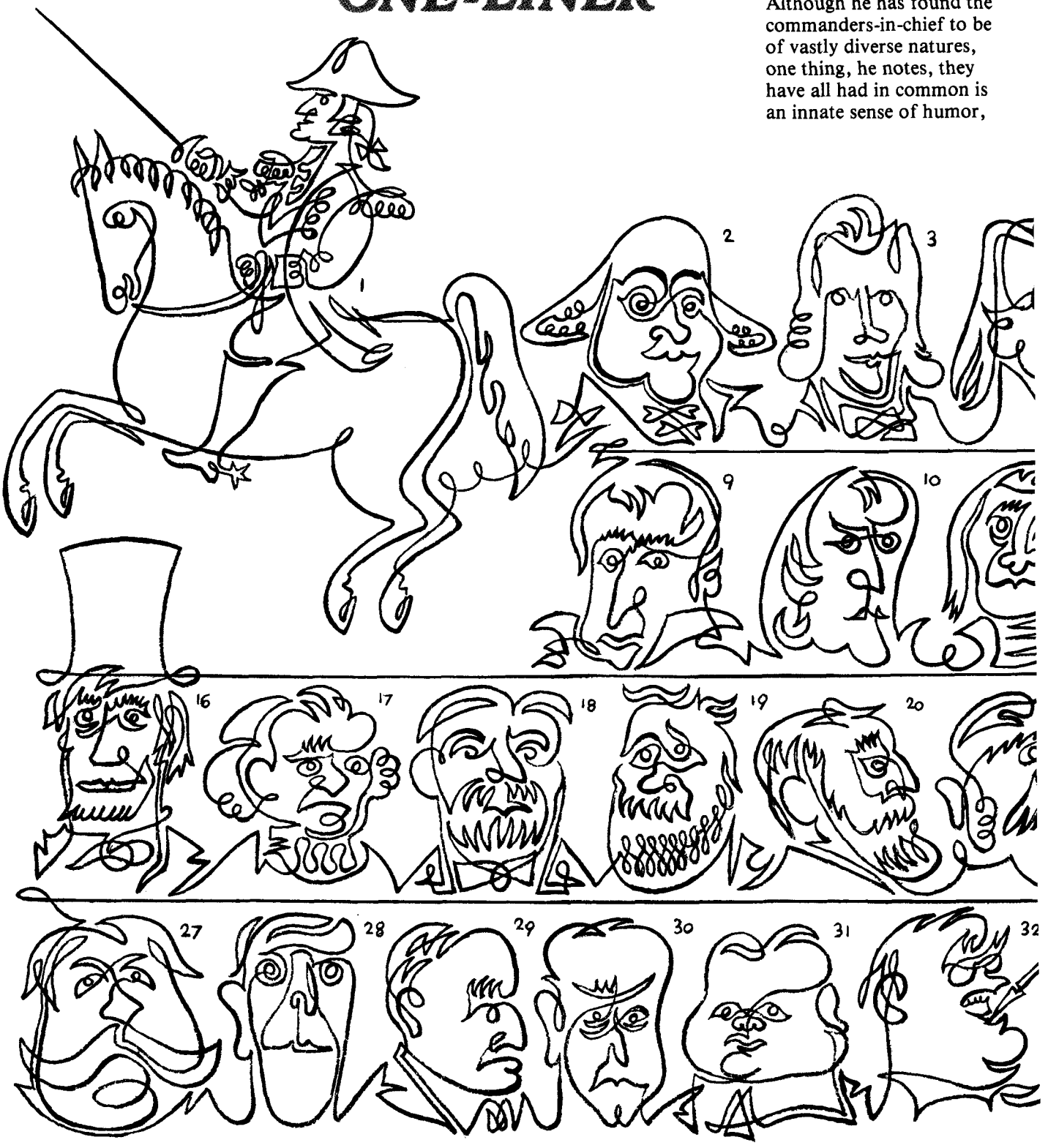
PRESIDENTIAL ONE-LINER

Oscar Berger, who has met and caricatured every chief executive from Calvin Coolidge to Ronald Reagan, has a special knack for conveying our presidents' prominent features. Although he has found the commanders-in-chief to be of vastly diverse natures, one thing, he notes, they have all had in common is an innate sense of humor,



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"perceptible in varying degrees." To Berger's credit, none has ever taken exception to his slightly exaggerated lines. At their sittings, Berger reports, Coolidge started out rigid and solemn, but ended with a reserved smile. Hoover's stiff upper lip eventually gave way to a deep, cherubic grin. Roosevelt's humor was bubbling and instant; Johnson's folksy, and Nixon's inventive, yet guarded. Appropriately for a democracy, Berger has inked all 39 faces with a single stroke, starting with a heroic General Washington. As an exercise in elementary American history, he invites you to try to name them. As for which likeness the artist himself likes the best, the answer is simply stated—it's a draw.

1. *Washington* 2. *John Adams* 3. *Jefferson*
4. *Madison* 5. *Monroe* 6. *John Quincy Adams*
7. *Jackson* 8. *Van Buren* 9. *William Henry Harrison*
10. *Tyler* 11. *Polk* 12. *Taylor* 13. *Fillmore* 14. *Pierce*
15. *Buchanan* 16. *Lincoln* 17. *Andrew Johnson*
18. *Grant* 19. *Hayes* 20. *Garfield* 21. *Arthur*
22. *Cleveland* 23. *Benjamin Harrison* 24. *Cleveland*
25. *McKinley* 26. *Theodore Roosevelt* 27. *Taft*
28. *Wilson* 29. *Harding* 30. *Coolidge* 31. *Hoover*
32. *Franklin Roosevelt* 33. *Truman* 34. *Eisenhower*
35. *Kennedy* 36. *Lyndon Johnson* 37. *Nixon*
38. *Ford* 39. *Carter* 40. *Reagan*

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NEW MOON OVER MIAMI

The people of the city that's synonymous with sun, sand and sin have rolled up their sleeves to rebuild the magical paradise that nearly got away.

by John McCollister

The poet Sidney Lanier was not impressed when he described the Miami area in 1876. What he observed had none of the present city's gilt or glitter. "Dade County is sparsely inhabited," he wrote, "and the facilities for reaching its settlements, outside of private boats, are confined mostly to an occasional sail from Key West."

The Miami area remained a wasteland until 1896, when Henry Flagler, a railroad baron, added 100 miles of tracks from lush Palm Beach to Miami. Southbound trains soon brought a flood of immigrants, primarily real-estate speculators and sharecroppers, in a migration that was to be both a blessing and a curse. The area that soon developed into America's favorite vacation paradise later degenerated into a city shaking with fear.

Almost from the beginning Miami was a glamorous refuge for the notorious. Its cast of folk heroes resembled a "Who's Who of the Underworld" that included Al Capone, who lived in a mansion surrounded by electric fences and guardhouses, and the mobster Meyer Lansky, who held court each day at his favorite steakhouse and then returned to his hotel, known for its lobby filled with parrots and cockatoos.

By the mid-1970s, many critics had written off the city as nothing more than a haven for gangsters. Not long after, its brilliant sun was blocked by smoke rising from homes and businesses bombed by rioters. Though Miami never really gave up, the city suffered some telling setbacks to its image.

Sandy beaches and tropical breezes still enticed snow-belt refugees from Buffalo, Chicago, Cleveland and Detroit, yet Northerners grew ever more apprehensive at reports of race riots, a rise in major crimes and arrests of drug dealers. "This is no longer a safe place to bring my family," lamented one of Miami's former regular visitors.

As bold newspaper headlines revealed that every conceivable problem had converged upon Miami, Maurice A. Ferre, Miami's mayor, realized in the early '80s that if tourists continued to avoid Miami, the local economy would not survive. He and the Downtown Development Authority of the City of Miami began to devise an ambitious plan to change the face of the city. The result—a classy, cleaned-up act, accompanied by a crescendo of construction from new hotels to five-star restaurants to sophisticated centers for the arts. "The important thing is that for the first time in Miami's history, the people are planning their future on their own," Mayor Ferre says.

Construction has already begun on some major projects; in the next couple of years, the city will fill out with even more steel, concrete and glass as Miami's now modest skyline spirals toward a new, big-city look.

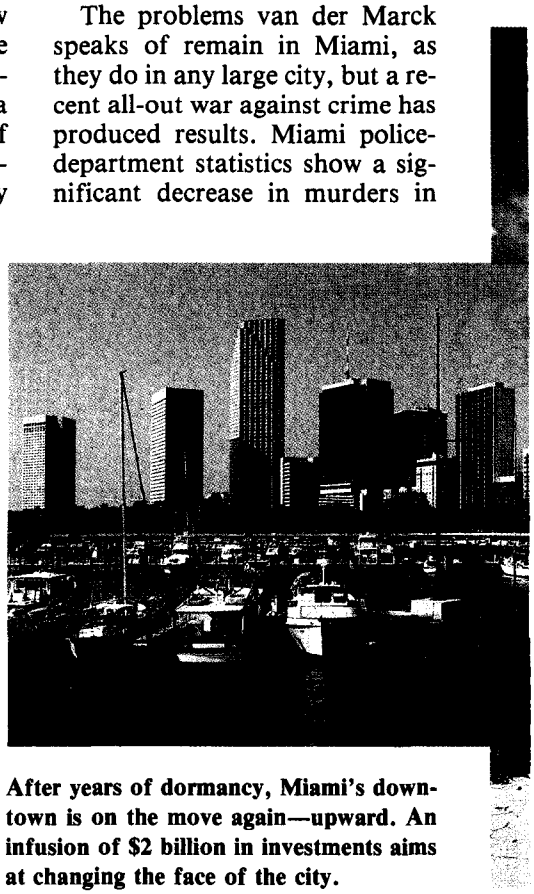
Among the signals of that emergence: a $68 million doubling of the Miami Beach Convention Center that will provide more than 500,000 square feet of exhibit space; a new oceanfront promenade that will be Florida's longest boardwalk, extending the length of Miami Beach; and a $30 million expansion at the Port of Miami that includes a 500-seat restaurant and two new cruise terminals. By 1986, the port will accommodate 14 cruise ships simultaneously.

The 55-story Southeast Financial Center at Dupont Plaza, the centerpiece of Miami's skyline, is the tallest building in the Southeast. The center is part of a $2 billion development effort in downtown Miami. Other downtown commercial buildings include the $65 million Brickell Bay Office Towers, the $90 million CenTrust Tower and the $65 million Metro-Dade Administration Building.

The new Metrorail—a commuter rail system—will make intercity transportation much more convenient. Testing will soon begin on a state-of-the-art component of the Metrorail system called the "Downtown People Mover."

A spacious $25 million, shellstone-and-red, barrel-tiled Center for the Fine Arts will house 1 million volumes, host traveling art exhibits and tell the story of man in south Florida to thousands of visitors and residents each year. The four-story, Mediterranean-style complex covers a city block in downtown Miami. "It will be a 'people center,' " promises its architect, Philip Johnson. Jan van der Marck, the director of the center, says stepping into the open-air plaza in the center of the complex "is like stepping into a Giorgio De Chirico painting—a dream world. In a sense, the center is an ideal place in which one can forget, for a short while, the problems of the real world."

The problems van der Marck speaks of remain in Miami, as they do in any large city, but a recent all-out war against crime has produced results. Miami police-department statistics show a significant decrease in murders in



After years of dormancy, Miami's downtown is on the move again—upward. An infusion of $2 billion in investments aims at changing the face of the city.

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the past five years. The number of other violent crimes has declined as well. Miami's chief of police, Clarence Dickson, says much of the credit belongs to conscientious citizens and their neighborhood crime-watch programs.

"We've never had a real problem with violent crime against the tourists," says Angelo Bitsis, the public-information officer of the Miami police department. "Our problems have been mostly internal."

The internal travails of the past few decades have given Miami plenty of headaches and something else as well—a kind of gritty character that has enabled the city's people to rise out of the pits, shake the dust from their clothes, roll up their sleeves and rebuild the magical paradise that nearly got away.

Private and corporate investors from Greater Miami have combined their talents and their financial resources to regenerate the city's hotels. Nearly 3,418 rooms have been added over the last three years at a cost of $318 million. One observer dubbed them "Flabbergast Hotels that hold more allure, more glamour and more razzle-dazzle bigness than any other hotel group in America."

Emblematic of these "Flabbergasts" is the Alexander—the first new hotel to open in Miami Beach in more than 15 years. The 229-unit, beachfront hotel, a suites-only showplace, specializes in luxury. The hotel boasts *Dominique's* famed French restaurant—named after a flashy chef, Dominique D'Ermo, who owns and operates his own *Dominique's* in Washington, D.C.

Another swanky success story is the Fontainebleau Hilton, tomb-like just a few years ago, a shadow of its luxurious past. Its fading, peeling paint suggested the depleted revenue that forced bankruptcy. In 1978, a $45 million spruce-up returned it to the ranks of the elite.

A number of prominent business executives have put their reputations and their careers on the line by standing behind Miami. When Miami-based Eastern Airlines' books were filled with red ink, Frank Borman, president of the airline, remained confident about his city's future. He saw Miami emerging as America's No. 1 international attraction and let it be known that Eastern Airlines was "committed to grow with the community." His faith has paid off. Today, Eastern is adding new routes and showing a profit for the first time in years.

While other sports franchises chase larger markets, the Miami Dolphins owner, Joe Robbie, plans to construct a new, $90 million football stadium on the northern border of Dade County in time to host the 1989 Super Bowl.

Perhaps the most impressive endorsement of the city's future comes not from wealthy investors or corporate giants but from citizens who pitched in to restore their community to its former stature. The restoration of Gusman Center for the Performing Arts, the former 1926 Olympia Theater located in the heart of downtown, illustrates what can happen when enough people show they care. Once a crumbling has-been, residents and tourists now fill the old building during organ concerts on Tuesday evenings—a treat made possible by members of the local organ society who volunteered their time and labor to restore and care for the great pipes and bellows.

In nearby Coconut Grove, storefronts once scarred from years of neglect were painted in dramatic colors by local merchants. Once again, as they did in the 1930s, the "in crowd" now heads out to "Grove experiences" on weekends.

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The Mediterranean-style plaza of the Metro-Dade Cultural Center is a place to relax and forget everyday cares.

Even as the city grows, the beaches remain much like those trodden by Tequesta Indians 2,000 years ago.

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THE CAPTIVE OUTFIELDER

What had mastering the violin to do with hitting a home run?. . .perhaps Johann Sebastian Bach had the answer.

by Leonard Wibberley

The boy was filled with anxiety, which seemed to concentrate in his stomach and gave him a sense of tightness there, as if his stomach were all knotted up into a ball and would never come undone again. He had his violin under his chin, and before him was the music stand, and on the walls of the studio the pictures of the great musicians were frowning upon him in massive disapproval. Right behind him on the wall was a portrait of Paganini, and he positively glowered down at the boy, full of malevolence and impatience.

That, said the boy to himself, *is because he could really play the violin and I can't and never will be able to. And he knows it and thinks I'm a fool.*

Below Paganini was a portrait of Mozart, in profile. He had a white wig tied neatly at the back with a bow of black ribbon. Mozart should have been looking straight ahead, but his left eye, which was the only one visible, seem to be turned a little, watching the boy. The look was one of disapproval. When Mozart was the boy's age—that is, ten—he had already composed several pieces and could play the violin and the organ. Mozart didn't like the boy either.

On the other side of the Paganini protrait was the blocky face of Johann Sebastian Bach. It was a grim face, bleak with disappointment. Whenever the boy was playing it seemed to him that Johann Sebastian Bach was shaking his head in resigned disapproval of his efforts. There were other portraits around the studio—Beethoven, Brahms, Chopin. Not one of them was smiling. They were all in agreement that this boy was certainly the poorest kind of musician and never would learn his instrument, and it was painful to them to have to listen to him while he had his lesson.

Of all these great men of music who surrounded him the boy hated Johann Sebastian Bach the most. This was because his teacher, Mr. Olinsky, kept talking about Bach as if without Bach there never would have been any music. Bach was like a god to Mr. Olinsky, and he was a god the boy could never hope to please.

"All right," said Mr. Olinsky, who was at the grand piano. "The arioso. And you will kindly remember the time. Without time no one can play the music of Johann Sebastian Bach." Mr. Olinsky exchanged glances with the portrait of Bach, and the two seemed in perfect agreement with each other. The boy was quite sure that the two of them carried on disheartened conversations about him after his lesson.

There was a chord from the piano. The boy put the bow to the string and started. But it was no good. At the end of the second bar Mr. Olinsky took his hands from the piano and covered his face with them and shook his head, bending over the keyboard. Bach shook his head too. In the awful silence all the portraits around the studio expressed their disapproval, and the boy felt more wretched than ever and not too far removed from tears.

"The *time*," said Mr. Olinsky eventually. "The time. Take that first bar. What is the value of the first note?"

"A quarter note," said the boy.

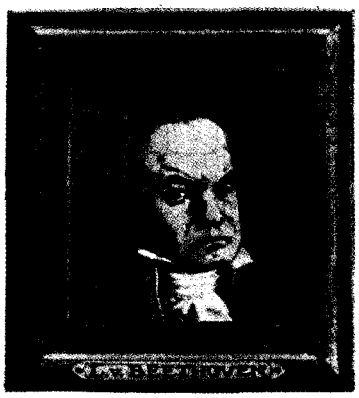
"And the next note?"

"A sixteenth."

"Good. So you have one quarter note and four sixteenth notes making a bar of two quarters. Not so?"

"Yes."

"But the first quarter note is tied to the first sixteenth note. They are the same note. So the first note, which is C sharp, is held for five sixteenths,



and then the other three sixteenths follow. Not so?"

"Yes," said the boy.

"THEN WHY DON'T YOU PLAY IT THAT WAY?"

To this the boy made no reply. The reason he didn't play it that way was that he couldn't play it that way. It wasn't fair to have a quarter note and then tie it to a sixteenth note. It was just a dirty trick like Grasshopper Smith pulled when he was pitching in the Little League. Grasshopper Smith was on the Giants, and the boy was on the Yankees. The Grasshopper always retained the ball for just a second after he seemed to have thrown it and struck the boy out. Every time. Every single time. The boy got a hit every now and again from other pitchers. Once he got a two-base hit. The ball went joyously through the air, bounced and went over the center-field fence. A clear, good two-base hit. But it was a relief pitcher. And whenever Grasshopper Smith was in the box, the boy struck out. He and Johann Sebastian Bach. They were full of dirty tricks. They were pretty stuck-up too. He hated them both.

Meanwhile he had not replied to Mr. Olinsky's question, and Mr. Olinsky got up from the piano and stood beside him, and looked at him,

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and saw that the boy's eyes were bright with frustration and disappointment because he was not good at baseball and no good at music either.

"Come and sit down a minute, boy," said Mr. Olinsky, and led him over to a little wickerwork sofa.

Mr. Olinsky was in his 60s, and from the time he was this boy's age he had given all his life to music. He loved the boy, though he had known him for only a year. He was a good boy, and he had a good ear. He wanted him to get excited about music, and the boy was not excited about it. He didn't practice properly. He didn't apply himself. There was something lacking, and it was up to him, Mr. Olinsky, to supply whatever it was that was lacking so that the boy would really enter into the magic world of music.

How to get to him then? How to make a real contact with this American boy when he himself was, though a citizen, foreign-born?

He started to talk about his own youth. It had been a very grim youth in Petrograd. His parents were poor. His father had died when he was

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young, and his mother had, by a very great struggle, got him into the conservatory. She had enough money for his tuition only. Eating was a great problem. He could afford only one good meal a day at the conservatory cafeteria so that he was almost always hungry and cold. But he remembered how the great Glazunov had come to the cafeteria one day and had seen him with a bowl of soup and a piece of bread.

"This boy is much too thin," Glazunov had said. "From now on he is to have two bowls of soup, and they are to be big bowls. I will pay the cost."

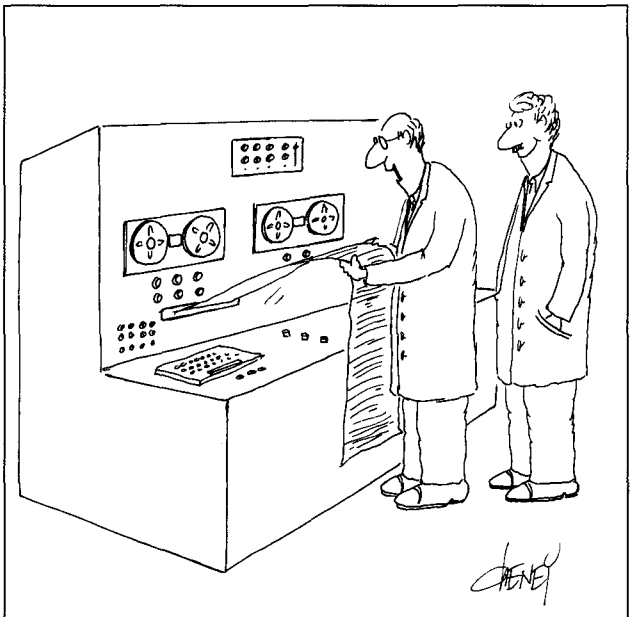
There had been help like that for him—occasional help coming quite unexpectedly—in those long, grinding, lonely years at the conservatory. But there were other terrible times. There was the time when he had reached such an age that he could no longer be boarded at the conservatory. He had to give up his bed to a smaller boy and find lodgings somewhere in the city.

He had enough money for lodgings, but not enough for food. Always food. That was the great problem. To get money for food he had taken a room in a house where the family had consumption. They rented him a room cheaply because nobody wanted to board with them. He would listen to the members of the family coughing at nighttime—the thin, shallow, persistent cough of the consumptive. He was terribly afraid—afraid that he would contract consumption himself, which was incurable in those days, and die. The thought of death frightened him. But he was equally frightened of disappointing his mother, for if he died he would not graduate, and all her efforts to make him a musician would be wasted.

Then there was the time he had had to leave Russia after the revolution, and the awful months of standing in line to get a visa and then to get assigned to a train. It had taken seven months. And the train to Riga—what an ordeal that had been. Normally it took 18 hours. But this train took three weeks. Three weeks in cattle cars in midwinter, jammed up against his fellow passengers, desperately trying to save his violin from being crushed. A baby had died in the cattle car, and the mother kept pretending it was only asleep. They had had to take it from her by force eventually and bury it beside the tracks out in the howling loneliness of the countryside.

And out of all this he had got music. He had become a musician. Not a concert violinist, but a great orchestral violinist devoted to his art.

He told the boy about this and hoped to get him to understand what he himself had gone through in order to become a musician. But when he was finished, he knew he had not reached the boy.



"Well, that's a switch—our computer just tapped into a high-school student's computer and erased his video game."

That is because he is an American boy, Mr. Olinsky thought. *He thinks all these things happened to me because I am a foreigner, and these things don't happen in America. And maybe they don't. But can't he understand that if I made all these efforts to achieve music—to be able to play the works of Johann Sebastian Bach as Bach wrote them—it is surely worth a little effort on his part?*

But it was no good. The boy, he knew, sympathized with him. But he had not made a real contact with him. He hadn't found the missing something that separated this boy from him and the boy from music. He tried again. "Tell me," he said, "what do you do with your day?"

"I go to school," said the boy flatly.

"But after that? Life is not all school."

"I play ball."

"What kind of ball?" asked Mr. Olinsky. "Bouncing a ball against a wall?"

"No," said the boy. "Baseball."

"Ah," said Mr. Olinsky. "Baseball." And he sighed. He had been more than 30 years in the United States, and he didn't know anything about baseball. It was an activity beneath his notice. When he had any spare time, he went to a concert. Or sometimes he played chess. "And how do you do at baseball?" he said.

"Oh—not very good. That Grasshopper Smith. He always strikes me out."

"You have a big match coming up soon perhaps?"

"A game. Yes. Tomorrow. The Giants against the Yankees. I'm on the Yankees. It's the play-off. We are both tied for first place." For a moment he seemed excited, and then he caught a glimpse of the great musicians around the wall and the bleak stare of Johann Sebastian Bach, and his voice went dull again. "It doesn't matter," he said. "I'll be struck out."

"But that is not the way to think about it," said Mr. Olinsky. "Is it inevitable that you be struck out? Surely that cannot be so. When I was a boy——" Then he stopped, because when he was a boy he had never played anything remotely approaching baseball, and so he had nothing to offer the boy to encourage him.

Here was the missing part then—the thing that was missing between him and the boy, and the thing that was missing between the boy and Johann Sebastian Bach. Baseball. It was just something they didn't have in common, and so they couldn't communicate with each other.

"When is this game?" said Mr. Olinsky.

"Three in the afternoon," said the boy.

"And this Grasshopper Smith is your *bête noire*—your black beast,

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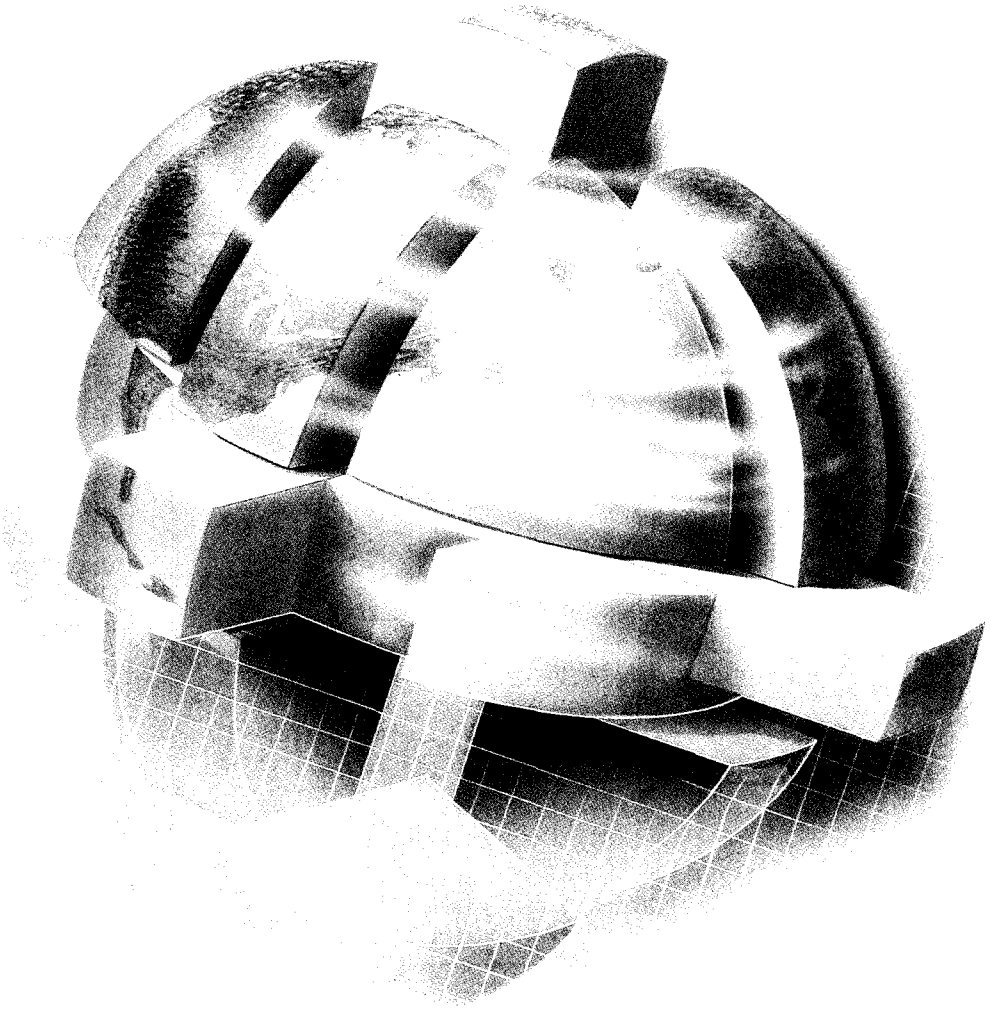
Manage

- *Handle or direct with a degree of skill; e.g., apply high technology to global markets.*
- *Achieve; e.g., increased productivity through strategic investments supporting the work of 19,000 engineers and scientists, 120,000 employees worldwide.*
- *Succeed in accomplishing, as in record sales, record earnings, record return on equity.*



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huh?"

"Yeah," said the boy. "And he'll be pitching. They've been saving him for this game."

Mr. Olinsky sighed. This was a long way from the arioso. "Well," he said, "we will consider the lesson over. Do your practice and we will try again next week."

The boy left, conscious that all the musicians were watching him. When he had gone, Mr. Olinsky stood before the portrait of Johann Sebastian Bach.

"Baseball, maestro," he said. "Baseball. That is what stands between him and you and him and me. You had 20 children and I had none. But I am positive that neither of us knows anything about baseball."

He thought about this for a moment. Then he said, "Twenty children—many of them boys. Is it possible, maestro—is it just possible that with 20 children and many of them boys?. . .You will forgive the thought, but is it just possible that you may have played something like baseball with them sometimes? And perhaps one of those boys always being—what did he say?—struck out?"

He looked hard at the blocky features of Johann Sebastian Bach, and it seemed to him that in one corner of the grim mouth there was a touch of a smile.

• • •

Mr. Olinsky was late getting to the Clark Stadium Recreation Park in Hermosa Beach for the play-off between the Giants and the Yankees because he had spent the morning transposing the arioso from A major into C major to make it simpler for the boy. Indeed, when he got there the game was in the sixth and last inning and the score was three to nothing in favor of the Giants.

The Yankees were at bat, and it seemed that a moment of crisis had been reached.

"What's happening?" Mr. Olinsky asked a man seated next to him who was eating a hot dog in ferocious bites.

"You blind or something?" asked the man. "Bases loaded, two away and if they don't get a hitter to bring those three home, it's good-by for the Yankees. And look who's coming up to bat. That dodo!"

Mr. Olinsky looked and saw the boy walking to the plate.

Outside the studio and in his baseball uniform he looked very small. He also looked frightened, and Mr. Olinsky looked savagely at the man who had called the boy a dodo and was eating the hot dog, and he said the only American expression of contempt he had learned in all his years in the United States. "You don't know nothing from nothing," Mr. Olinsky snapped.

"Offhand, I'd say you're just the type we're looking for."

"That so?" said the hot-dog man. "Well, you watch. Three straight pitches and the Grasshopper will have him out. I think I'll go home. I got a pain."

But he didn't go home. He stayed there while the Grasshopper looked carefully around the bases and then, leaning forward with the ball clasped before him, glared intently at the boy. Then he pumped twice and threw the ball, and the boy swung at it and missed, and the umpire yelled, "Strike one."

"Two more like that, Grasshopper," yelled somebody. "Just two more and it's in the bag."

The boy turned around to look at the crowd and passed his tongue over his lips. He looked directly at where Mr. Olinsky was sitting, but the music teacher was sure the boy had not seen him. His face was white and his eyes glazed so that he didn't seem to be seeing anybody.

Mr. Olinsky knew that look. He had seen it often enough in the studio when the boy had made an error and knew that however much he tried he would make the same error over and over again. It was a look of pure misery—a fervent desire to get an ordeal over with.

The boy turned again, and the Grasshopper threw suddenly and savagely to third base. But the runner got back on the sack in time, and there was a sigh of relief from the crowd.

Again came the cool examination of the bases and the calculated stare at the boy at the plate. And again the pitch with the curious whip of the arm and the release of the ball one second later. Once more the boy swung and missed and the umpire called, "Strike two." There was a groan from the crowd.

"Oh-and-two the count," said the scorekeeper, but Mr. Olinsky had got up from the bench and, pushing his way between the people on the bleachers before him, he went to the backstop fence.

"You," he shouted to the umpire. "I want to talk to that boy there."

The boy heard his voice and turned and looked at him aghast. "Please, Mr. Olinsky," he said. "I can't talk to you now."

"Get away from the back fence," snapped the umpire.

"I insist on talking to that boy," said Mr. Olinsky. "It is very important. It is about Johann Sebastian Bach."

"Please go away," said the boy, and he was very close to tears. The umpire called for time-out while he got rid of this madman, and the boy went to the netting of the backstop.

"You are forgetting about the arioso!" said Mr. Olinsky urgently. "Now you listen to me, because I know what I am talking about. You are thinking of a quarter note, and it should be five sixteenths. It is a

continued on page 100

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CONCERNED WOMEN FOR AMERICA: SOFT VOICES WITH CLOUT

From executive suites and kitchen tables, a half million women are lobbying to protect the rights of the family, and they're getting results.

by Holly G. Miller

A veteran U.S. congressman likes to tell the story about his first encounter with a Concerned Women for America delegation. His practice was to set aside one day a month to allow special-interest groups to enter the inner sanctum of his Capitol Hill office, mount their soapboxes and plead their causes for 15 minutes. And not a second longer.

On this particular day, his secretary announced that a new organization—something called Concerned Women for America—was on the agenda. He gritted his teeth and steeled himself for round one with yet another assemblage of often shrill, usually demanding activists. *What did they want now?*

"Three very gracious ladies walked in, introduced themselves and said, 'Congressman, what can we do to help you?' " recalls Beverly LaHaye, the president of the 540,000-member group. "They approached him with a totally different idea that took him off his feet. They ended up getting 30 minutes of his time and becoming real helpers. They feed him information now on a regular basis so he can study our side of an issue, as well as the other side, and make a good evaluation of a bill."

Concerned Women for America, a mouthful easily distilled to CWA, was officially launched just six years ago yet currently boasts active chapters in all 50 states. Ironically, the conservative group owes its existence in part to the liberal feminist Betty Friedan. A Barbara Walters interview with Friedan spurred CWA founder Beverly LaHaye to plan a modest gathering of San Diego friends to trade thoughts on family issues. How was she to know 1,200 women would RSVP?

"I think the whole concept for Concerned Women for America was born that night I heard Betty Friedan say on television that she represents the women of America," Mrs. LaHaye recalls. "I knew in my heart that, yes, she represents a small segment, but she certainly doesn't speak for the vast majority of the women *I* know. That's when I decided to start educating my peers through meetings in San Diego. I wanted to talk about women's issues, the Equal Rights Amendment, the growth of the abortion issue. As I look back on it, I'm sort of ashamed that I didn't have a broader vision. But maybe that's been the uniqueness, because no one set out to form a national organization that would become the largest women's group in America."

Within a few months of the first San Diego rally, CWA was incorporated and was trying to keep pace with requests from women across the country. "I remember I wrote a letter to Beverly and asked what I could do on a local level here in Oklahoma," recalls Marcia Wells, a 31-year-old wife and mother from Bixby, near Tulsa. "I knew several people involved in NOW [National Organization for Women], and when I heard them talk I felt their values were not my values. I wondered what I could do. CWA sent me information on how to start a local chapter. Since October we've met the first Friday of the month to talk about the issues."

And it's the issues that bind together the membership—the young mothers, the grandmothers, the married and single men and women, the homemakers and the professionals. They are pro-life and anti-child abuse; they favor a voluntary-prayer amendment but oppose an equal-rights amendment; they deplore laws that grant special protection to homosexuals; and they champion parents' rights to direct the

Beverly LaHaye is convinced that concerned women working together can strengthen traditional values in America. She sees her 540,000-strong organization as a family advocate anywhere from local school boards to the White House.

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upbringing of their children in matters of education and religion. They share common concerns, although priorities may vary from chapter to chapter.

"We backed a city councilman when he favored the conviction of persons possessing pornography," explains Doris Holman, the CWA chapter leader in Akron, Ohio. "We've also succeeded in keeping pornography out of a chain of local variety stores."

"We opposed a bill in the Oklahoma legislature that would change the mandatory school age from seven to five," Mrs. Wells says. "And we want more parental input on textbook selection in the elementary and middle schools. We think textbooks are used as vehicles in order to push the humanist viewpoint."

For many members, the foray into the world of laws, legislators and lobbyists is a new one and is best taken in small steps. Some novice CWA recruits prefer a passive role and merely read the monthly newsletter and various educational materials sent from CWA headquarters on Capitol Hill. Others participate in local prayer and action chapters and choose to influence legislators from their homes via telephone calls and letters. Still other members are undergoing intensive training in Washington to become part of the "535 Program," an effort to assign CWA volunteer lobbyists to the 535 members of Congress.

"Our Capitol Hill lobbyists stay in touch with key women out in the 435 congressional districts," Mrs. LaHaye says. "We eventually want to build 20 women in each district so they, in turn, can spread the word on how their U.S. senators or congressmen are voting and possibly rally CWA members to apply pressure as key bills come up for votes."

Although Bev LaHaye insists that no member of CWA's leadership team should be indispensable, she clearly shoulders the burden of directing the group's 22-person staff in Washington. Her charisma as a well-known speaker on the Christian lecture circuit, her appeal as a pastor's wife and her reputation as the author of seven books have provided the credibility that stirs the burgeoning membership to action. In Christian circles her name has clout, and her words evoke trust. Admirers know that before going public with her CWA cause she successfully reared four children and—with her husband, Dr. Tim LaHaye—conducted 465 family-life seminars in 42 countries. She was the cohost of a weekly TV show and a call-in radio talk show; for five years she has been selected as one of the ten most admired non-congressional women in the United States, ranking right behind First Lady Nancy Reagan.

"I'm a strong believer that everything we do today is for the purpose of preparing us for tomorrow," she says. "I look back and I can see that many of the lessons I learned as a minister's wife with a growing family and as a lecturer on family living were stepping stones to what I'm doing with Concerned Women for America. In our family seminars we taught people how to insulate their homes and families against outside forces; that helped me sort out my beliefs and develop the strong convictions I have today. Because of my past experiences I'm probably able to reach women who otherwise might sit back in their pews and be a bit apathetic. Because they know I'm a pastor's wife and perhaps have read my books, they're willing to trust me when I say there are issues we must be concerned about."

Tracking those issues, keeping the CWA members updated on

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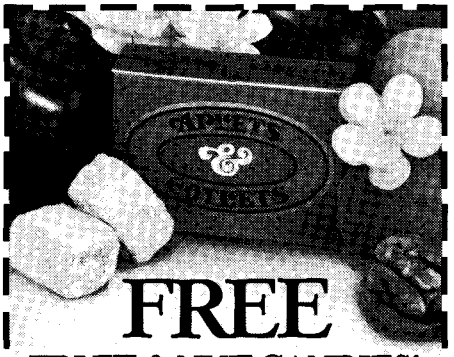

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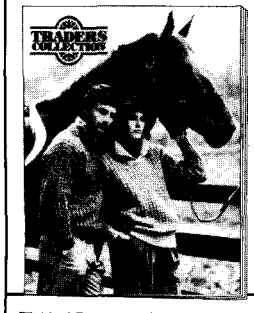

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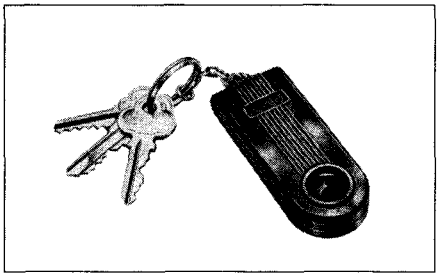

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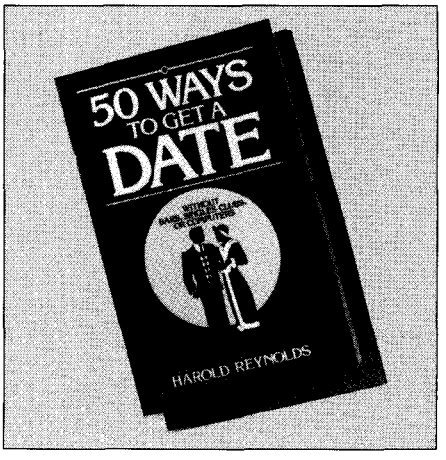

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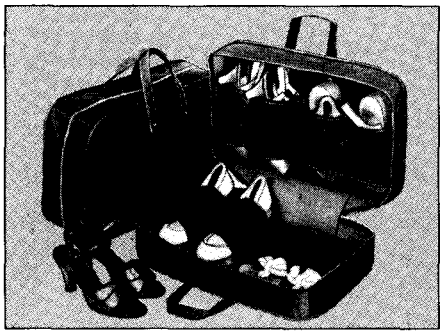

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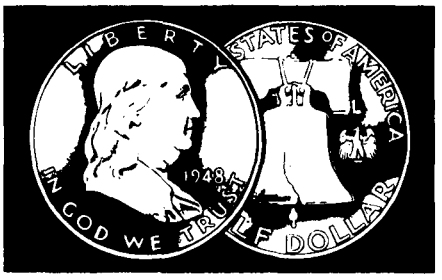

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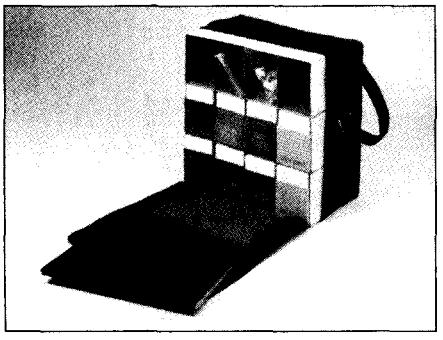

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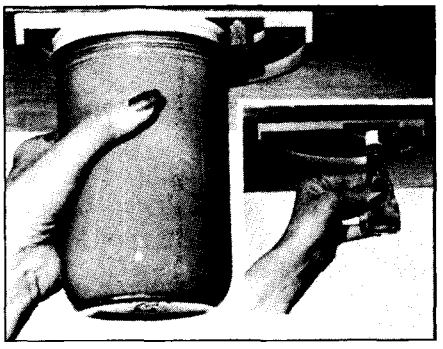

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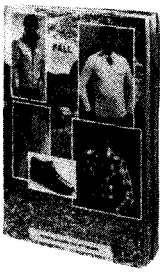

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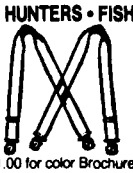

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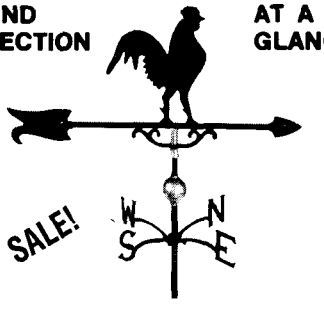

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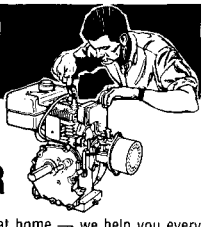

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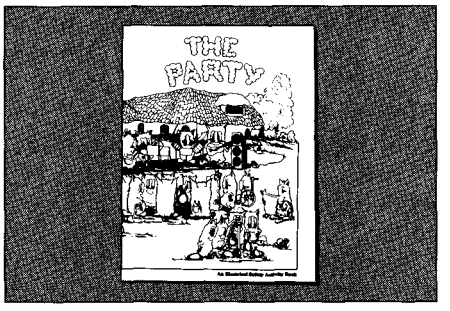

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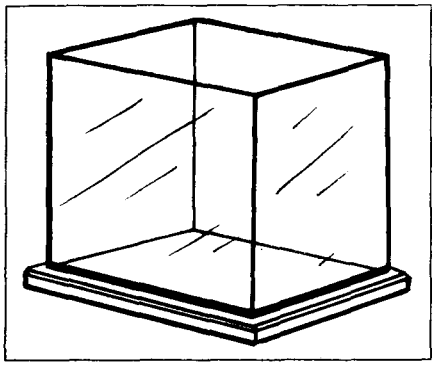

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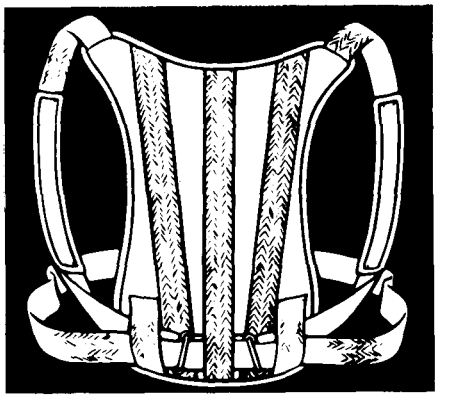

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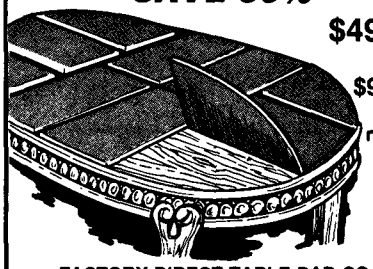

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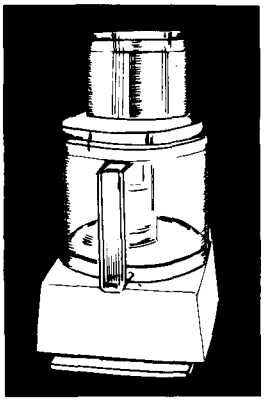

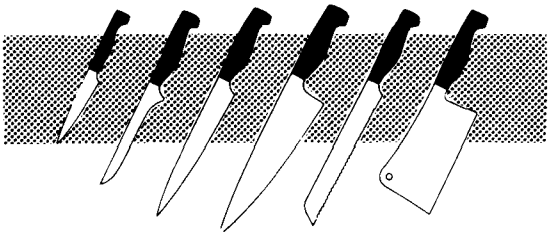

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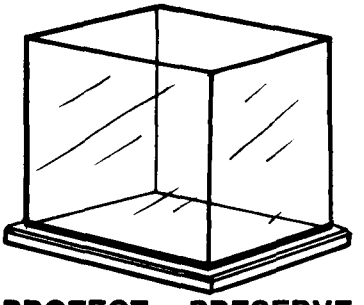

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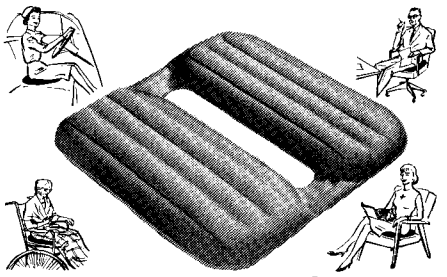

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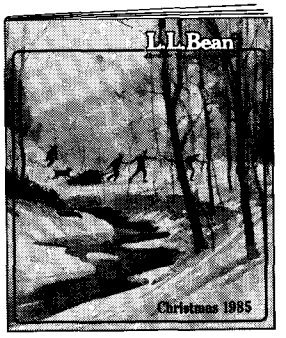

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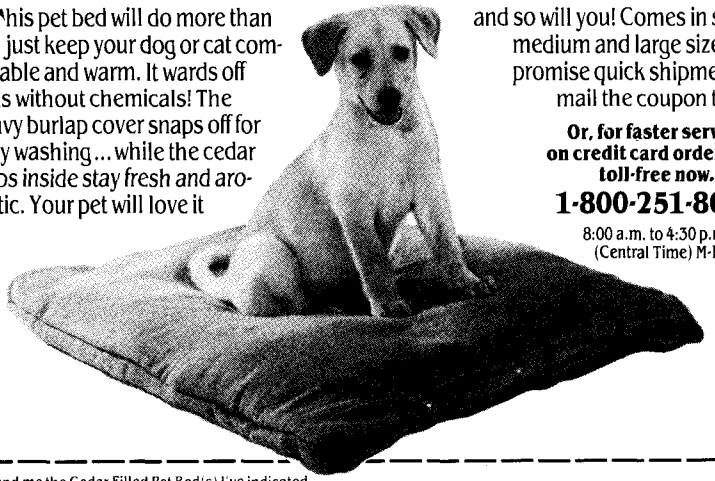

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Gridiron

continued from page 45

file: "I predict Bill Walsh will become *the* outstanding football coach in the United States."

At San Jose State, Walsh's personal life blossomed as well when, swimming one day in the Pacific, he met a lovely California girl named Geri. Shortly after, he successfully proposed. From the union of 30 years have come a daughter, Elizabeth, and their sons, Steve and Craig. "I think we probably deserve some gold stars up in heaven for lasting this long," Geri, an interior designer, jokes.

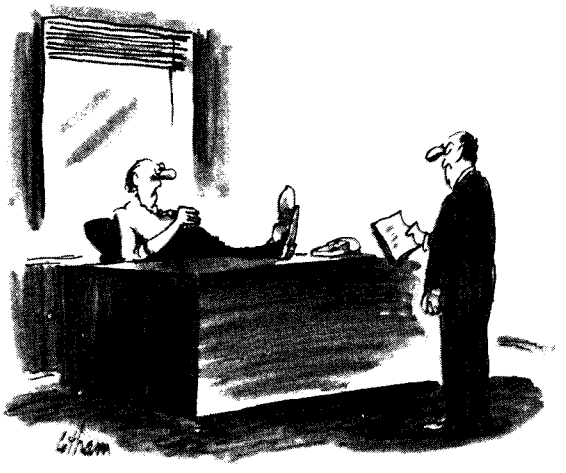
The young family spent nearly two decades wandering before Bill's big break with the Niners. "I look back at it now, and I think some of the greatest things we ever did were because of moving so much," says Steve, a Bay-area radio broadcaster.

Walsh coached at Washington Union High School in the San Francisco Bay area and took his team to a conference championship in 1957 with a 9-1 season. His apprenticeship advanced a giant step when he accepted a position in 1960 as a defensive coordinator on the staff of Marv Levy at the University of California at Berkeley. He moved up a notch in 1963 to administrative assistant and recruiting coordinator at Stanford and assumed defensive-backfield coaching duties, too.

In 1966, he was hired as an offensive-backfield coach by the Oakland Raiders. A year later, when the legendary coach Paul Brown was given a franchise with the Cincinnati Bengals, Walsh became quarterbacks and receivers coach and in the next few years developed the talents of Greg Cook, Virgil Carter and Ken Anderson. He calls the development of Anderson, a late-round draft choice from Augustana College, one of the "most gratifying experiences of my coaching career—after his fourth and fifth years in the league, he was the No. 1 passer statistically in NFL history."

Walsh stayed eight years at Cincinnati but remained homesick for California. "We used to go over to a neighbor's house that had pine trees in the front yard and smell the needles," he recalls. Confident the Cincy head-coaching job would be his upon Paul Brown's retirement, he turned down several promising jobs.

Stunned and stung when Brown retired and named another successor, Walsh quit the Bengals and hooked on for a year with the San Diego Chargers as an assistant coach. Just when he was wondering if he should have chosen another vocation, opportunity knocked. In 1977 Stanford University offered him a head-coaching opportunity, and he snatched the job immediately, determined to show the football world he could command a team.



"I hope you don't expect me to just drop everything I'm doing."

He regards college coaching as a worthy challenge. "The college game is very scientific," Walsh says. "It presents as much challenge from the technical standpoint as pro football does. There's more involved in college coaching because of the varying stages of development of your players. Teaching is more comprehensive in college because there is a dramatic range of abilities. Sometimes you can depend on the players' inherent abilities. Other times, the coach's ability to teach and develop a player is more crucial."

Molding Stanford into a football power overnight was not the simplest of jobs, but Walsh succeeded during his two years as head coach. The Cardinals had not participated in a bowl game for five years, but Walsh guided them to Bluebonnet Bowl and Sun Bowl wins.

Those two seasons at Stanford convinced the San Francisco 49ers owner, Eddie DeBartolo, that Walsh was the man to revive a team that had gone 2-14 in 1978. But Walsh, the 11th head coach in 49ers history, worked no overnight miracles after moving up the peninsula to San Francisco. His first season was another 2-14 disaster, and his second a 6-10 flop. Unheralded and unnoticed prior to the 1981 season, Bill Walsh had earned the sobriquet of "genius" by season's end.

The fans and the media expect Walsh to win in 1985. He possesses, after all, one of the best quarterbacks in pro football, Joe Montana; the most accurate field-goal kicker, Ray Wersching; an awesome defensive end, Fred Dean; and the league's best receiving corps: Dwight Clark, Freddie Solomon, Renaldo Nehemiah and the tight end Russ Francis.

One other 49ers position still in doubt is Bill Walsh's. During the season he hinted several times that he might retire. Steve Walsh, for one, doesn't agree with speculation that his father would remain with the 49ers merely as team president. "I think he'd go stir-crazy if he goes into administrative work 100 percent," Steve says. "I think he's a little too active to sit behind a desk."

Walsh is mum on the subject, but he pooh-poohs any notion he is out to improve upon 1984's phenomenal 18-1 season. "Going undefeated in the National Football League is virtually impossible," he insists. However, he does concede that his team will be a prime contender.

It's unfortunate Bill Walsh's career started so late. Fifty-four next November, he stands no chance to accumulate the career wins of Landry or of Chuck Noll of the Pittsburgh Steelers. He is, however, the best coach in the game right now, and for a drifting laborer's son, that's an accomplishment.

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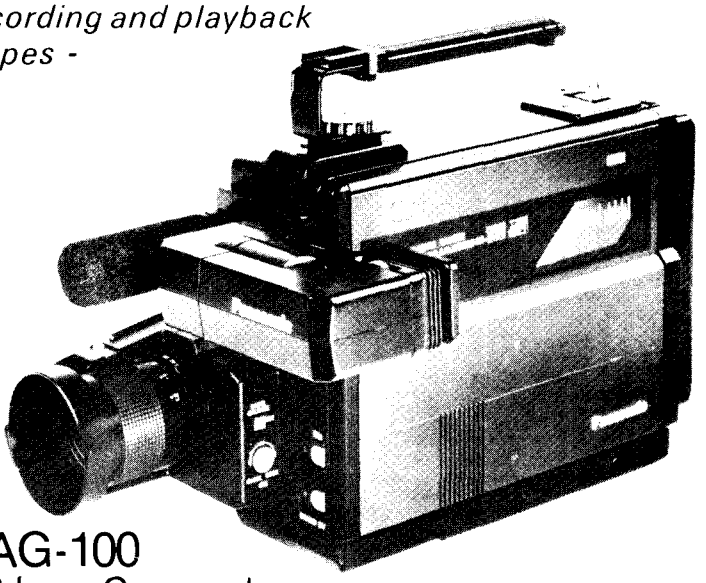

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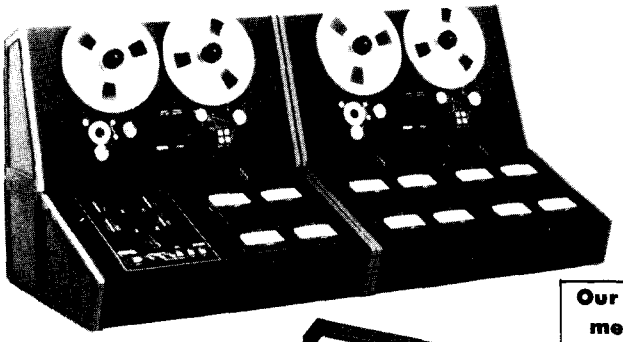

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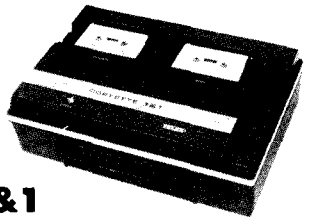

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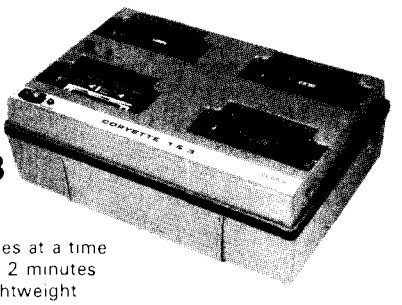

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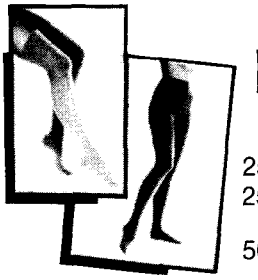

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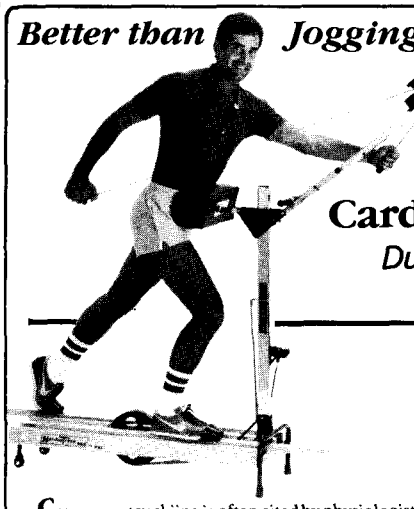

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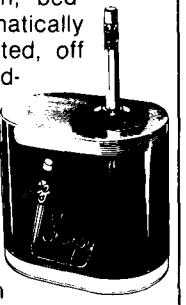

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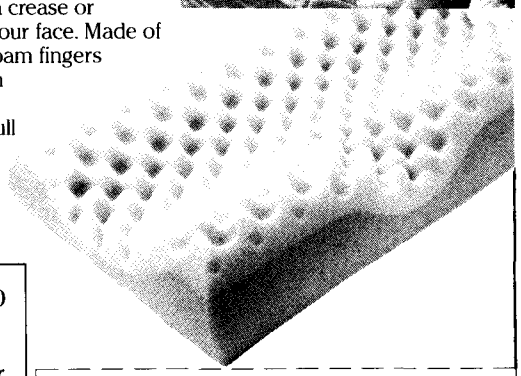

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FOOD

MICROWAVE COOKING WITH GRAIN

A simple strategy for turning out high-fiber, whole-grain dishes that are moist and delicious.

by Jacquelyn R. Nyenhuis

To bakers, brown is beautiful. No muffin, bread or cobbler is quite right unless tinged by that traditional golden hue. But baked goods don't have to be browned to taste great—a lesson easily learned by baking in a microwave oven.

Microwaves don't provide that all-important golden-brown color, so you have to do it yourself by baking with whole-grain meal and flour. Whole grains are naturally brown, so the microwave products turn out dark and extra delicious. Foods baked in a microwave oven may even be slightly more nutritious than those made the conventional way. In regular ovens dry heat causes what scientists call the "maillard reaction." As surfaces brown, their essential amino-acid lysine is bound up and made unavailable. The reaction is most pronounced in thin, highly browned products such as toast. The moist heat of the microwave prevents this reaction and leaves lysine intact.

When baking breads or certain types of muffins in a microwave oven, coat the baking dish with wheat germ to add a crustlike quality and a tempting golden-brown appearance. Top the baked creations with a generous sprinkling of wheat germ, corn meal or the most appropriate seed: Sesame, poppy or even sunflower seeds will do.

Sesame seeds are most beneficial if ground or chopped. I suggest using a food processor. Because toasted sesame seeds also add a flavorful crunchiness, whole seeds should be used for sprinkling over the dough before any baking is done.

The microwave oven is also the perfect place for baking with high-lysine corn meal, that inexpensive, protein-packed hybrid grain that most people consider much tastier than regular corn meal. Two lysine corn-meal recipes are included in the following high-fiber microwave dishes, as well as tasty, crunchy Bulgur-Wheat Salad and Whole-Wheat Fettucini you won't want to miss.

Carrot-Bran Muffins
(Makes 14 muffins)

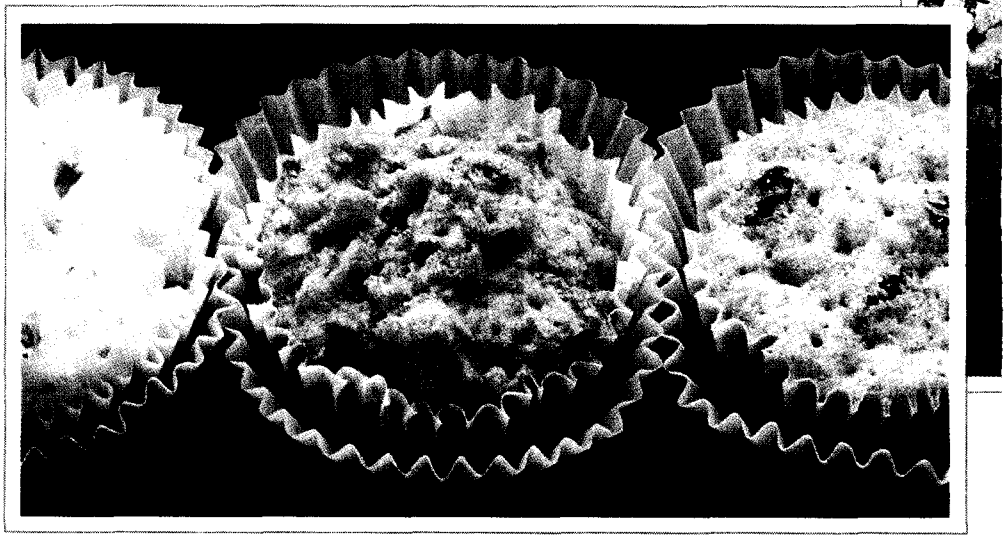
1 cup 40% Bran Flakes®
¾ cup skim milk
2 cups finely shredded carrot
1 cup whole-wheat flour
2 tablespoons brown sugar
2 tablespoons vegetable oil
1 tablespoon lemon juice
1 teaspoon baking powder
½ teaspoon baking soda
¼ to ½ teaspoon cinnamon
¼ teaspoon salt
1 egg, slightly beaten

Combine bran, milk and carrot; let stand 5 minutes. Add remaining ingredients; stir until particles are moistened. Line each muffin or custard cup with two paper liners; fill half-full. Microwave (high—100 percent) as directed below, or until top springs back when touched; rotate and rearrange after half the time.

1 muffin	¼ to ¾ minute
2 muffins	½ to 2 minutes
4 muffins	1 to 2½ minutes
6 muffins	2 to 4½ minutes

Oatmeal Wheat Bread
(Makes one loaf)

1 cup whole-wheat flour
½ cup quick-cooking rolled oats
⅓ cup dark molasses
¼ cup shortening
¾ cup water
1 package dry yeast
¼ cup warm water
1 teaspoon salt
1½ to 2 cups all-purpose



Fourteen carrot muffins (center) fresh from the microwave will entice your family to try the high-fiber difference of whole wheat and bran.

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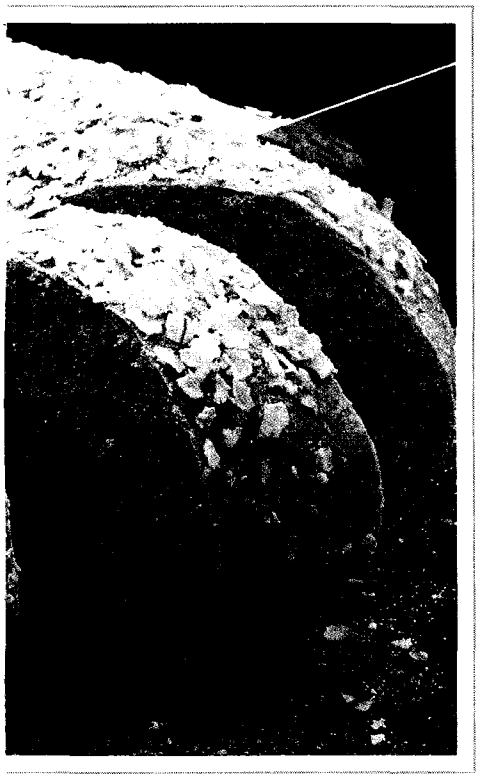
flour
¼ cup corn meal
¼ cup milk
½ cup rolled oats

Combine whole-wheat flour, oats, molasses and shortening in mixing bowl. Microwave water (high—100 percent) until boiling. Stir into bowl; cool to warm temperature. Stir yeast into warm water. Blend into cooled mixture with salt. Stir in flour gradually to make a very stiff dough. Knead on well-floured surface until smooth, about 5 minutes. Return to greased bowl; cover. Let rise in warm place until light and doubled in size, about 1 hour. Shape into ball; cover with bowl and let rest 15 minutes. Butter 10″ pie plate or microwave baking sheet. Sprinkle with corn meal. Shape dough into 15″ strip. Brush lightly with milk. Roll in oats to coat heavily. Shape into ring on prepared pan; pinch edges together. Place greased glass in center. Let rise in warm place until light, 45 to 60 minutes. Sprinkle top lightly with corn meal. Microwave (medium—50 percent) 6 minutes; rotate half-turn after 3 minutes. Change power level to high. Microwave 4 to 6 minutes, until top springs back when touched lightly. Let stand 10 minutes. Remove bread; cool on rack.



Skeptics hold that when it comes to baking, microwaves fall flat—but the truth comes out moist, golden and delicious in the Oatmeal Wheat Bread recipe.

High-Protein Granola
(Makes 10 servings)

Soybean flakes are toasted and added to granola to make it a complete protein source as well as high in fiber.
2 cups soy flakes
1 tablespoon cooking oil
6 cups rolled oats
1½ cups shredded coconut
½ cup wheat germ
1 cup unhulled sesame seeds
½ cup honey
1 teaspoon cinnamon
1 teaspoon vanilla
1 cup chopped dates

Combine soy flakes and oil in 3-quart casserole. Microwave (high—100 percent) 4-5 minutes or until lightly toasted; stir once or twice. Add oats, coconut, wheat germ and sesame seeds. Microwave (high) 5½-6 minutes or until toasted; stir once or twice. Stir in remaining ingredients. Microwave (high) 3-4 minutes or until mixture is moist; stir once. Let cool and store in covered container.

Bulgur-Wheat Salad
(Makes 4 servings)

Cracked wheat has a nutty, ricelike texture that goes well in a casserole.
½ cup cracked-wheat bulgur
1 cup water
1 teaspoon chicken bouillon
1 cup shredded carrot
1 onion, chopped
1 clove garlic, minced
2 cups mushrooms, sliced
1 cup diced celery
2 cups broccoli pieces
½ cup mayonnaise

Combine wheat, water and bouillon in 1-quart casserole. Microwave (high—100 percent) 7-8 minutes or until most of the water is absorbed. Add remaining ingredients except mayonnaise. Cover. Microwave (high) 4-5 minutes or until vegetables are just about tender. Add mayonnaise and stir until well-mixed. Serve warm.

Multi-Grain Bread
(Makes 2 loaves)

Bran, wheat and high-lysine corn meal combine for a nutritious bread. Breads using whole grains require longer rising time, but the microwave cuts that time in half.
1 large potato, peeled
1¼ cups milk
½ cup All-Bran®
½ cup high-lysine corn meal
¼ cup molasses
2 tablespoons margarine
2 teaspoons salt
2 packages active dry yeast
2 cups unbleached flour
3 cups whole-wheat flour
1 cup triticale flour
⅓ cup toasted wheat germ

Cut potato into 1-inch pieces. Place in 2-quart glass mixing bowl with ½ cup water. Cover with plastic wrap. Microwave (high—100 percent) 4½-5 minutes or until potato is just about tender. Mash potato with ½ cup water; set aside. Microwave (high) milk in 2-cup glass measure for 2-2½ minutes or until steaming hot. Stir hot milk, cereal, corn meal, molasses, margarine and salt into potato mixture; cool to lukewarm. Combine yeast with ¼ cup warm water. Let stand for 3-5 minutes to soften yeast. Stir into potato mixture. Gradually add flours until mixture forms a stiff dough. Knead dough on lightly floured surface for 5-10 minutes or until smooth. Place dough in greased, 2-quart glass bowl; turn dough to grease top. Cover loosely with plastic wrap. Microwave (low—10 percent) 10-15 minutes or until dough feels warm but not hot. Let stand 20-30 minutes or until doubled in size. Punch down dough; knead a few times. Divide dough in half. Shape each half into loaf shape. Grease two 8″x4″ plastic loaf pans and sprinkle with toasted wheat germ; coat bottom and sides of dishes. Cover loosely with plastic wrap. Place both loaves in microwave. Microwave (low) 8-10 minutes or until dough feels warm but not hot. Let stand 20-25 minutes or until dough doubles in bulk. Remove plastic wrap; cover each loaf with paper towel. Microwave (medium—50 percent) one loaf at a time for 9-10 minutes or until no longer doughy. Cool 5 minutes; turn out of dish. Repeat with remaining loaf.

Whole-Wheat Fettucini
(Makes 4 servings)

Homemade pasta is fun and easy to make. A pasta machine is not necessary—just roll the dough out and use a knife to cut it into strips.
1½ cups whole-wheat flour
½ teaspoon salt

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2 large eggs
2 tablespoons water
2 tablespoons olive oil
5 green onions, sliced
2 cloves garlic, minced
3 cups broccoli pieces
1 tablespoon water
1 teaspoon basil leaves
¼ teaspoon oregano leaves
2 tomatoes, cut in wedges
¼ cup grated Parmesan cheese
2 tablespoons milk

Combine first five ingredients, and mix until well-blended. Turn dough out onto a lightly floured surface, and knead 1-2 minutes. Shape dough into a ball, cover with plastic wrap and let rest in refrigerator for 30 minutes. Roll dough paper thin on lightly floured surface; let dry 10 minutes. Roll up dough; start at one side to form flatted tube. Use sharp knife to cut noodles ¼" wide. Spread out pasta and let dry for 30 minutes. Microwave (high—100 percent) 4 cups of water in 2-quart casserole for 10-12 minutes or until water is boiling. Add pasta, and microwave (high) 2-3 minutes or until tender. Drain into colander; set aside. Combine onions, garlic, broccoli and 1 tablespoon water in casserole dish. Cover with casserole lid. Microwave (high) 4-5 minutes or until vegetables are tender. Add pasta and remaining ingredients. Toss until pasta is coated. Microwave (high) 3-4 minutes or until heated through.

Store-and-Bake Bran Muffins
(Makes 24 muffins)

This muffin batter can be refrigerated up to 1 week. Because they are so quick and easy, serve them for breakfast snacks or dinner.
1 cup quick-cooking rolled oats
1 cup All-Bran®
1 cup yogurt
⅔ cup brown sugar
½ cup cooking oil
2 eggs
1 cup whole-wheat flour
1 teaspoon baking powder
½ teaspoon soda
1 teaspoon orange peel, grated

Combine oats, cereal and yogurt in large mixing bowl. Blend in brown sugar, oil and eggs. Stir in remaining ingredients; mix just until moistened. (Batter can be microwaved immediately or refrigerated in a covered container.) Spoon batter into paper-lined muffin cups until half-full. Microwave (high-100 percent) six muffins at a time for 2-2½ minutes; rotate once during cooking.

Whole-Wheat Apple-Nut Bread
(Makes 1 loaf)

Quick breads microwaved in a ring dish cook more evenly than in a loaf dish. The result is a moist, flavorful bread.
1¾ cups whole-wheat flour
½ teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon
½ cup cooking oil
¾ cup brown sugar, packed
2 eggs
1 teaspoon vanilla
¼ cup orange juice
2 cups shredded apple
½ cup chopped nuts
2 tablespoons graham-cracker crumbs

Combine dry ingredients; set aside. Blend together oil and sugar in large mixing bowl. Add eggs, one at a time; beat well after each. Stir in vanilla, orange juice and apple. Add dry ingredients and stir until thoroughly mixed. Fold in nuts. Grease 6-cup ring dish, and dust with graham-cracker crumbs. Pour batter into dish; spread evenly. Cover with wax paper. Microwave (medium—50 percent) 8 minutes. Then, microwave (high—100 percent) 2-3 minutes or until no longer doughy; rotate dish once. Let cool 10 minutes.

Turn bread out of dish; let cool completely. Wrap tightly and store in refrigerator at least several hours. Slice and serve.

Mushroom-topped Polenta
(Makes 4 servings)

Pizza toppings cover a delicious high-lysine corn-meal base. This main dish provides complete protein even without any meat.
1⅓ cups water
¼ teaspoon salt
⅓ cup high-lysine corn meal
1 small onion, chopped
2 cups sliced mushrooms
½ cup pizza sauce
¼ cup chopped bell pepper
1 cup (4 oz.) shredded mozzarella cheese

Combine water and salt in 2-cup glass measure. Microwave (high—100 percent) 3-4 minutes or until boiling. Stir in corn meal; mix until smooth. Microwave (high) 1-1½ minutes or until mixture is thickened; stir once. Spread evenly in 9-inch quiche dish. Set aside.

Combine onion and mushrooms in 2-cup glass measure. Microwave (high) for 2-3 minutes or until vegetables are tender. Spread pizza sauce over corn-meal base. Spoon mushrooms and onions over sauce; top with bell pepper and cheese. Microwave (high) 7-8 minutes or until cheese is melted and base is set.

"That extra charge is for talking with your mouth full."

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Rather Biased

How Liberal Is Dan Rather?

Dan Rather

*" 'People Like Us', aired April 21, exhibited with extraordinary clarity the **one sided negativism toward Reagan that is the CBS trademark**"*

Washington Journalism Review
June, 1982

*"CBS by a margin of more than **7 to 1** tended to cast the Reagan Administration in a more **negative** light than either ABC or NBC"*

TV GUIDE
August 27, 1983

"The lower people and the middle class and poor people are just going down the tubes while he's (President Reagan) living fat..."

Dan Rather's CBS Evening News 10/25/82
An example of how Dan Rather cleverly uses selective interviewees ("talking heads") to carry CBS negative attacks on President Reagan.

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Coins

continued from page 28

culated condition: they are generally in good shape because they were so little used. (The prices of the more common 1851-1862 issues begin at $10 in average quality.) A slightly larger and more accepted three-center, minted from 1865 through 1889, today commands prices of $1,900 and higher for such years as 1877, when only 500 were issued.

The two-cent piece circulated from 1864 to 1873 was the first U.S. coin inscribed with the motto "In God We Trust." (By 1866, the public's religious sentiments had fully registered with the U.S. government. The motto was added to all U.S. coins.) Americans, however, did not trust in the two-cent piece. Its last issue of 1873 was "proof only"—600 pieces that sell today for up to $2,700 each (a low price considering the small number available). The motto "In God We Trust" remained solely on coins and was not transferred to paper currency until 1957.

Of all America's odd-value coins, the 20¢ piece was the least popular. The silver coin, almost the size of a quarter (22 mm. versus 24.3 mm.), was often passed off as one. It survived only four years, 1875 to 1878 (the last two years in proof only—350 pieces in 1877 and 600 in 1878). Lack of public interest in the coins prompted the government to melt them down before they were circulated. A few did survive the melt—no more than 25. They sell for a minimum of $60,000.

"Stella," the $4 gold piece, starting price $17,500, can be the most prized of U.S. coins. It appears in two obverse designs both years—the "flowing" hair and the "coiled" hair style—only ten of the latter issued in 1879, and another ten in 1880. "Coiled" prices begin at $100,000.

Most collectors do not regard themselves as investors. In truth, they are, for in the past 30 years coins have outstripped all other investments, including land, gold, silver, oil, stocks, bonds and commodities. Coin collecting is one of the few hobbies that not only can increase in value but can even outrun inflation.

If you decide to buy coins as a collector or as an investor, here are some pointers: Find a knowledgeable dealer willing to take time to help you learn. Buy coins from a dealer who guarantees his quality grading in writing so that, if need be, you can sell them back at the same grade and price base. Beware of advertisements that read: "A hoard of old coins has just been found." If possible, deal with members of the Professional Numismatic Guild. Read everything you can find about your hobby. . .then collect!

Stove

continued from page 43

brainstorms kept us warm for an added two hours.

The question now arose: Would Gail's sheep, conditioned to a rail fence five rails high, notice if the fence were only four rails high? My conclusion was that even if they did, they'd be using all their energy raising wool instead of jumping over.

The rails lasted a day and a half. The shed went next. I'd planned to have a bigger one built in the spring anyway. The weather was now mellowed to only 15 below, so the shed was good for three full days.

"What about those old railroad ties?" came wife's voice from under the electric blanket at the breakfast table the morning Mr. Franklin's invention had taken the final board. "You'll never get around to damming the creek, anyway. And if Brutus wants to go swimming, Abrell's pond is plenty good enough for a dog."

The ties didn't burn. In fact, it took a week's editions of the *Spencer Evening World* and all six yardsticks we'd accumulated from the Owen County Fair just to start one smoldering. One was enough to get everything in the house, including us, permeated with the odor of creosote for a lifetime. If not longer. And eight smoke alarms going off all at once brought neighbors pouring in from every direction.

Thanks to the resourcefulness with which the Creator endowed the male of our species, I had a wood fire blazing merrily the next morning when wife finally dragged out of bed to begin burning the toast.

"This is wonderful!" she exulted, shedding two quilts and the electric blanket. "The Creator has certainly endowed you with resourcefulness!" Or words to that effect. And when I told her that our name finally had worked its way to the top of Mr. Bates' list and he would be coming to fix the furnace that afternoon, she got carried away to the point of scraping my toast as well as her own.

These moods, as every married man knows, don't last. No more than an hour later she was rampaging around—something about her quilting frames she couldn't find.

"What frames are those?" I queried.

"Those long, wooden frames I quilt on," came her plaintive response from behind the sofa. "The ones mother left me."

Naturally, I dropped everything to help her look for the silly things, though I'll admit I have undertaken projects with a little more enthusiasm. The truth is, I didn't know she still used them. She hadn't turned out a quilt for—oh, it must have been a couple of weeks.

At least that's going to be my defense.

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(Answers from page 96)

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6. Tennessee
7. Vermont
8. Pennsylvania
9. Arizona

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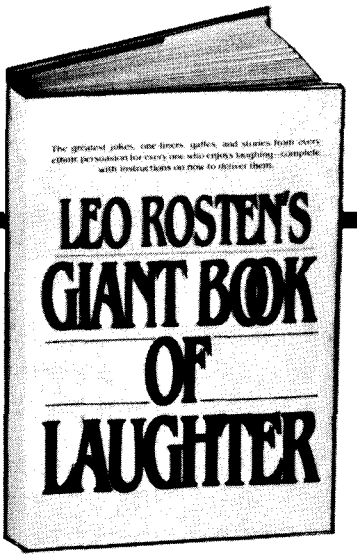

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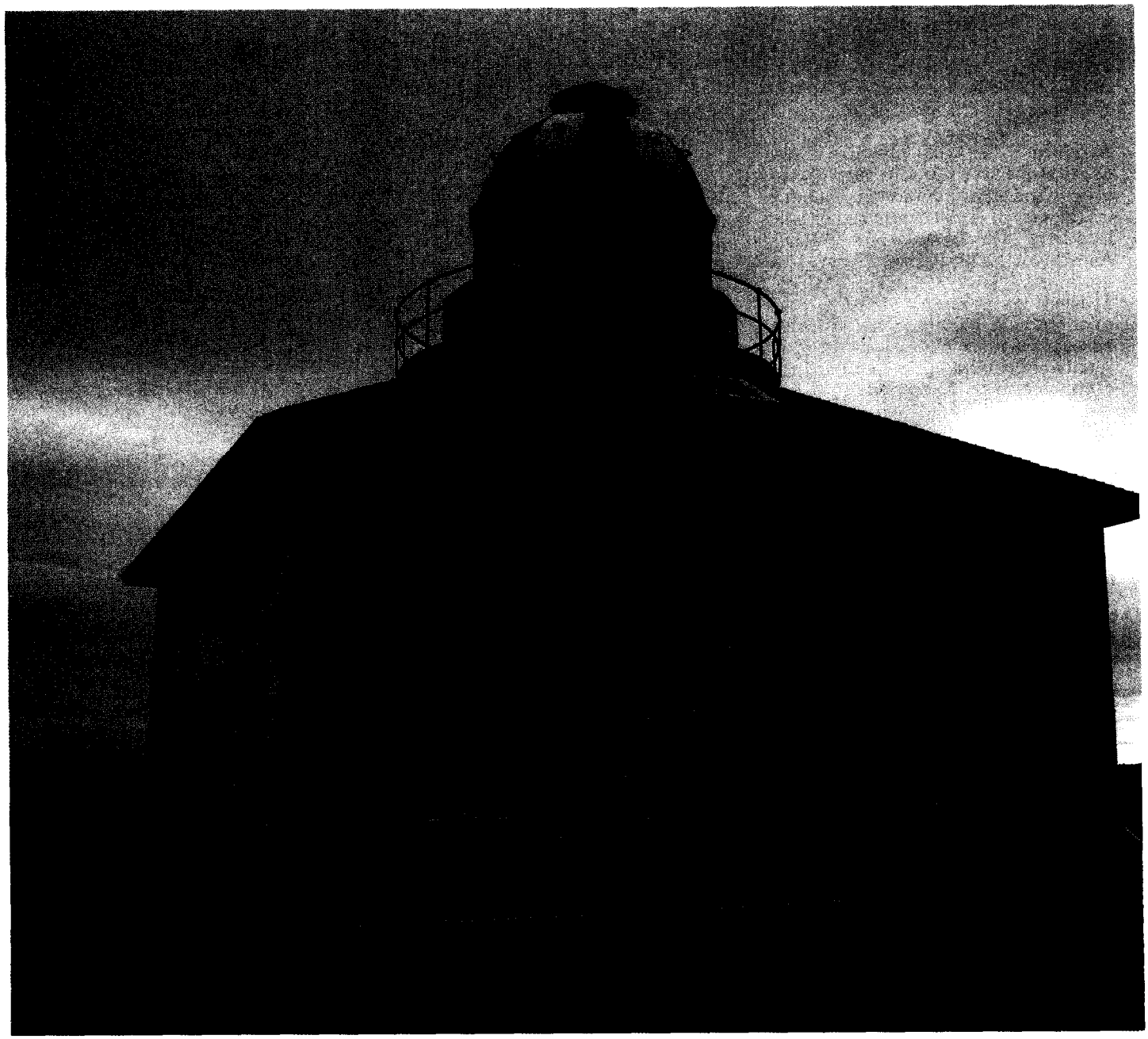
Newfoundland: A Real Find

by Carolyn Crowley

Photography by Ted Kreiter

The Canadian island-province of Newfoundland, 781 miles northeast of Boston, is a land of stunted-spruce forests, crystal lakes, puffins, rugged seascapes, miles of spongy peat bogs, hundreds of coastal villages (called outports), camping sites, fjords, northern lights and remarkable archaeological digs. Second only to its beauty is its impression of emptiness. Isolated Newfoundland is peaceful.

Sightseers have almost a better chance of spotting whales, icebergs or seals in the Gulf of Saint



The Cape Spear lighthouse, reputedly the oldest in Canada and the United States and manned by the same family since it was built in 1835, stands just outside St. John's on the easternmost point of North America, just 1,600 miles from Cape Clair in Ireland.

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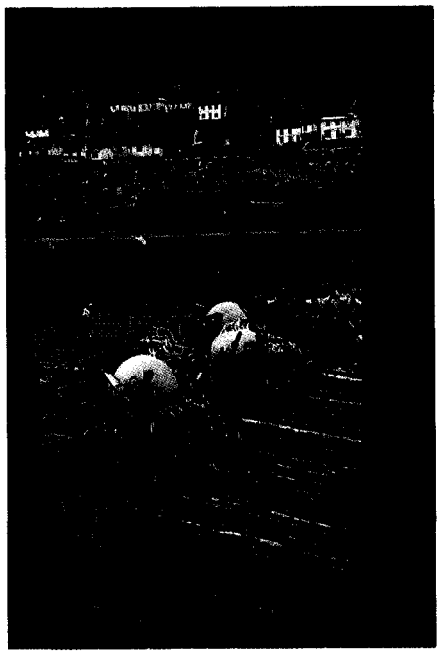
Lawrence than they have of seeing other people. They will probably see more gardens filled with potatoes, turnips, carrots and cabbage on the roadsides than they will other vehicles. Some garden owners live 25 miles from their vegetable plots. They have no reason to fear theft. Newfoundland is safe—night and day.

The hardy Newfoundlanders don't guarantee visitors a hot, sunny summer. They confess that much rain falls, fogs crowd in and winds can be chilly, but mean summer temperatures reach 60° F. with warm spells rising to 80°.



While the fishermen plumb the depths, photographers can make a good haul on the colorful piers of Petty Harbour.

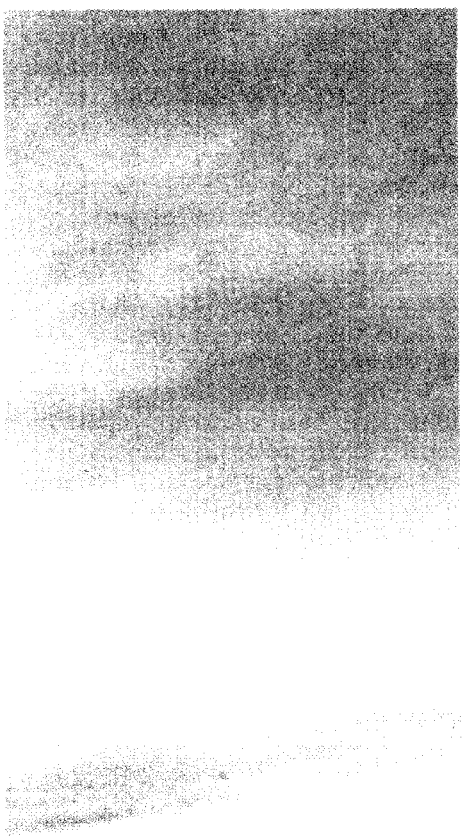
What Newfoundlanders do promise the CFAs, or Come from Aways, as they call tourists, is the already mentioned scenery, distinctive regional cooking, 60 provincial parks, two national parks, attractive campgrounds, rivers teeming with trout and salmon, whales, seals, bird sanctuaries and woodlands where there are moose, caribou, 14-pound Arctic hares and black bears—but no deer, squirrels, snakes, chipmunks, skunks or porcupines. What Newfoundland *doesn't* offer adds to its allure: poison ivy or hay fever.

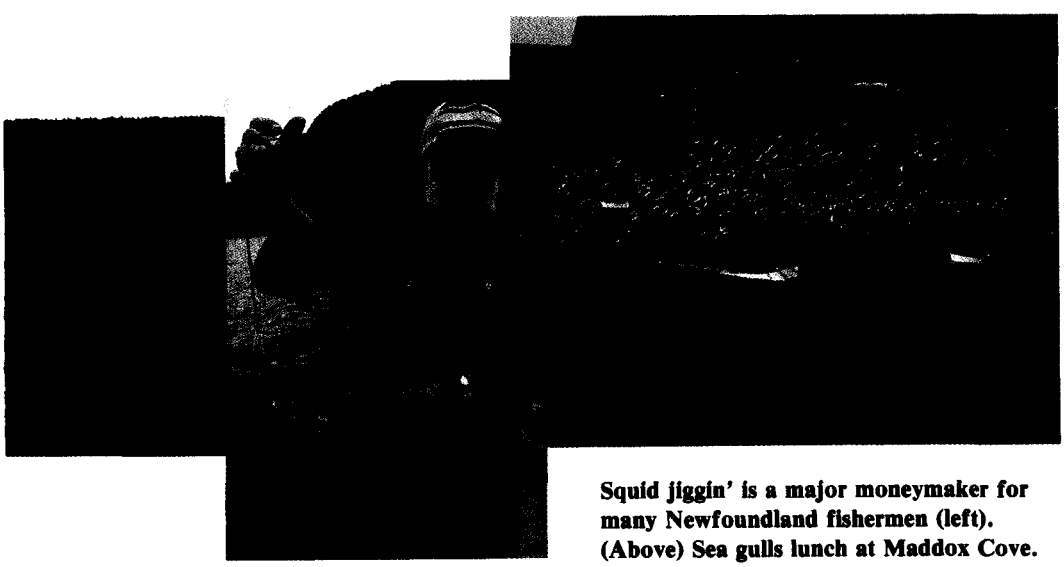
People dependent on the sea for their livelihoods in the 16th century settled—long predating the Pilgrims of Massachusetts—in small Newfoundland coves and bays, which offered shelter for boats and shore space for curing their catches. The population of Britain's oldest colony and Canada's newest province thus spread itself thin along the coast. Today this pattern of settlement remains—90 percent of the people living beside the sea.

Newfoundlanders are a homogeneous group, 94 percent of English-speaking ancestry. About 95 percent of its inhabitants are native-born, descendants of Irish and west-country Englishmen whose inbreeding over the generations has created a distinct ethnic group with its own manner of speech. Some people say the lilting accent is Irish, but not quite; others claim it's the way Devonshire people sounded when the first colonists arrived during Shakespeare's time. They add h's to words that have none and drop them when they should be present. One man said he had to put "hair" in his tires as he pulled up to an air pump at a gas station. "Ow's you be?" means "How are you?" Like Brooklynites, their th's become d's. "Ders nar fish out der" translates to "There's no fish out there." Expressions unknown in other parts of Canada are part of the jargon. Newfoundlanders wishing good health say, "Long may your big jib draw!"

For years Newfoundlanders have been the butt of ethnic jokes throughout Canada. Jokes about "Newfies" (a derogatory term) are occasionally meanspirited, but often Newfoundlanders invent them themselves. Did you hear about the Newfie en route to Toronto who spotted a sign—"Clean Washrooms Ahead"—and scrubbed 35 of them before reaching his destination?

Some of the island's place-names reflect the unfortunate times Newfoundlanders have experienced: Breakheart Point, Misery Point, Damnable Bay, Unfortunate Cove, Bleak Island, Empty Basket,





Squid jiggin' is a major moneymaker for many Newfoundland fishermen (left). (Above) Sea gulls lunch at Maddox Cove.

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Malignant Cove, Rocks of Massacre and Dead Sailor's Rock. The early French-named Bay d'Espoir—meaning Bay of Hope—became Bay of Despair. Some names, however, bring to mind more upbeat feelings: Happy Adventure, Fortune, Heart's Delight.

Considering Newfoundland's depressed economy, one can understand why a pessimistic outlook might remain today among many of the 574,000 inhabitants. A new pride and hope flower among Newfoundlanders, however—petroleum is plentiful in its offshore continental shelf. Estimates place oil reserves at millions of barrels of exceptionally high-grade crude. Tourism, just beginning to establish itself, is another hope.

One thousand years ago Vikings discovered Newfoundland. Remains of a Norse settlement from A.D. 1001 are found in L'Anse aux Meadows at Newfoundland's northwestern tip. The village's sod buildings are the earliest-known European structures on the continent; visitors explore the reconstructed, furnished sod dwellings.

The navigator John Cabot, who discovered Newfoundland for the British crown in 1497, reported fish so plentiful in the waters around Newfoundland that fishermen could catch them by simply lowering baskets over the sides of boats and scooping them out of the water. He had found the Grand Banks of Newfoundland, the world's largest fish breeding ground.

Fishing has been the main resource of the province since the 15th century. For hundreds of years the hunt was for cod, which Newfoundlanders caught, split, dried, salted and shipped around the world. Today visitors see split and salted cod spread to cure in the sun on weathered, wooden "flakes," raised drying platforms.

The island's menus offer many types of exquisite fish. Visitors eat varieties expensive in the States but reasonably priced on Newfoundland: salmon, shrimp, scallops, crab, lobster, cod, cod tongue (a Newfoundland delicacy) and char (similar to trout and salmon). For dessert ask for bakeapple parfait or pie.

The 750-square-mile Gros Morne national park extends along much of Newfoundland's western coastline. Wildlife abound: American bald eagles, osprey, 40 black bears, 2,000 sheep, caribou, weasels, silver and red foxes and moose (the best time to see them is early morning or evening). It takes about seven hours to climb the 2,644-foot Gros Morne (Big Hill), the second highest point on Newfoundland. Spectacular views of the Gulf of Saint Lawrence and rugged fjords make the James Callaghan Trail a worthwhile trek to the 600-foot-deep Western Brook Pond.

Labrador is the mainland portion of Newfoundland. Virtually uninhabited and three times Newfoundland's size, it is the wildest, most remote and least developed of Canada's Atlantic provinces. Its draws are solitude, caribou, hunting, salmon fishing, Innuit villages and the largest underwater project in the world, at the Basque settlement at Red Bay. Divers there are excavating the underwater Basque whaling galleon *San Juan*. In 1565 it sank in 40 feet of water during a storm, but the 32° F. water has preserved the vessel.

"This is the only mid-16th century ship available anywhere," says Robert Grenier, the chief of the underwater archaeology unit at Red Bay. Members of his team lead tours, which include boating to Saddle Island, where archaeologists have unearthed 40 graves containing the skeletons of 108 healthy Basque men.

Residents and visitors agree—Newfoundland lives up to its claims of superb scenic vistas, excellent fishing and hunting, quietude and extraordinary archaeological sites. ✱

High-Flying Toronto

Worldly, wealthy, civilized and personable, Toronto is the Big Apple north of the border, a magnet for young and talented movers. The late University of Toronto communications theorist Marshall McLuhan called it "the last great city not yet devastated by progress."

Without attracting crime or litter, this lakeshore metropolis of almost 3 million people hosts 21 million tourists each year. Queen Elizabeth, the Pope and the Tall Ships visited Toronto during its 150th-anniversary celebration last year. And the city has received extra attention through the newfound prominence of its high-flying baseball Blue Jays. The city, in which one-tenth of Canada's people live, is an anomaly: a 244-square-mile city that really works, with clean streets, 200 green parks and safe subways.

Many Americans accustomed to crime in major U.S. cities will find Toronto surprisingly safe. Toronto's subway-crime rate is about one-fourth of New York City's. Last year more than 400 million riders arrived at their destinations safely and quickly on Toronto's buses, streetcars, subway cars and trolley buses.

Some people attribute Toronto's growth to the infusion of new blood it received when Canada relaxed its immigration laws in 1952. More than one-half

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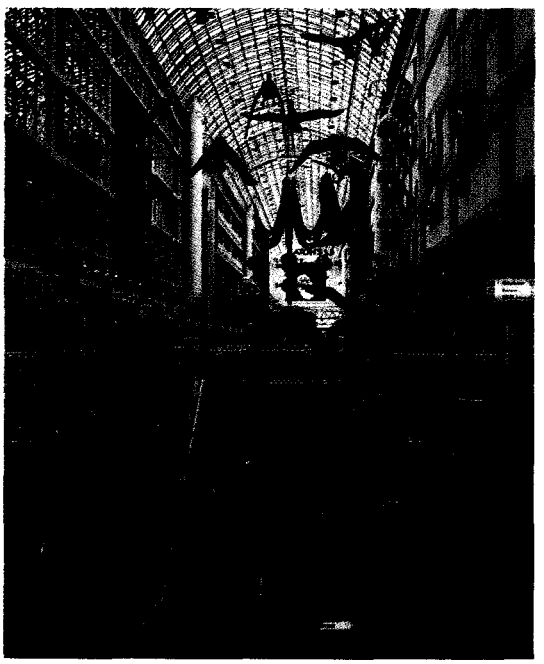

A million shoppers a week visit Toronto's Eaton Center, the world's largest glass-enclosed shopping complex with 302 stores and 21 theaters.

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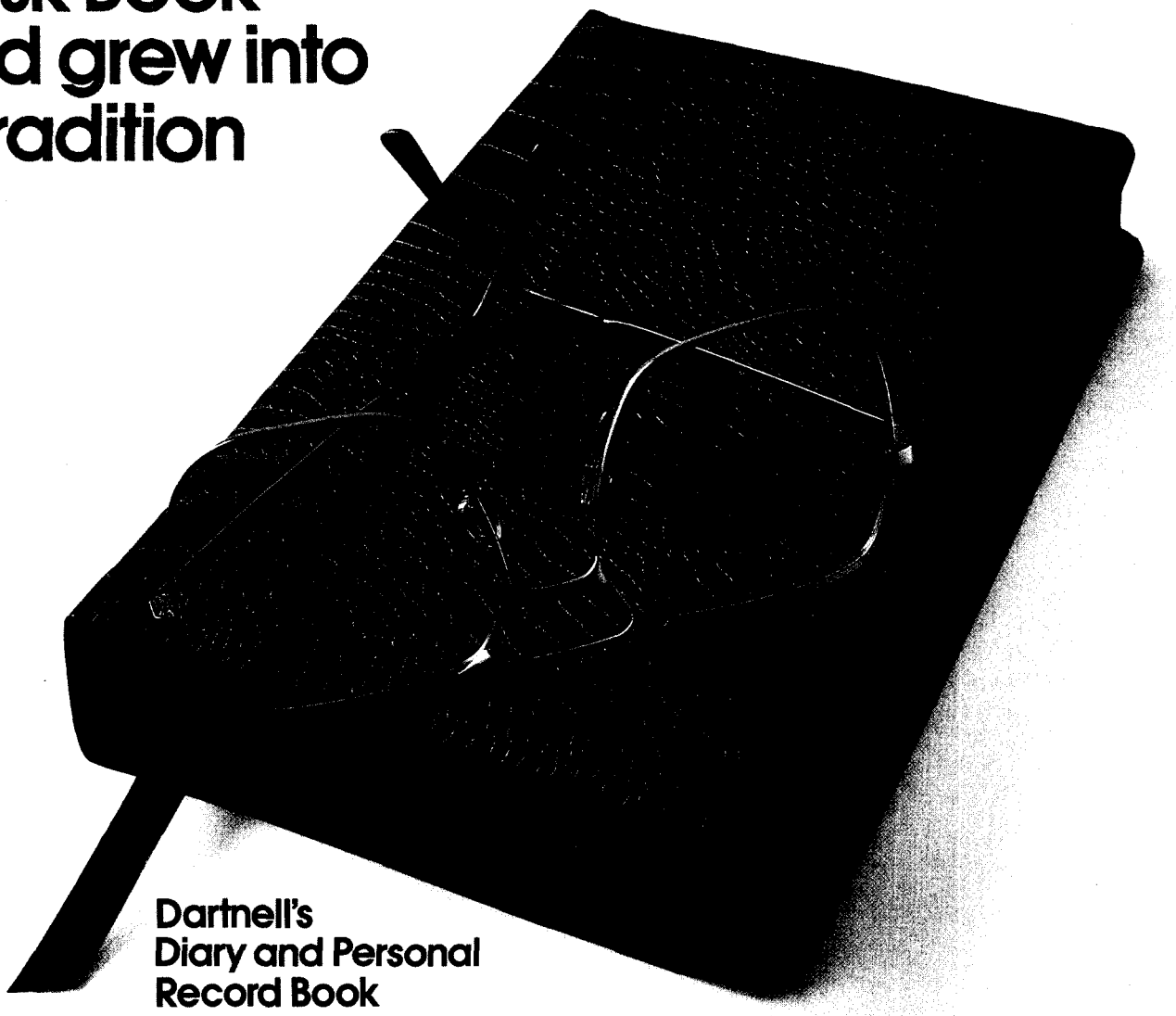
It started as a Desk Book and grew into a tradition



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of Toronto's people are born outside Canada, an ethnic mix unmatched outside Manhattan. Composed of 57 ethnic groups that coexist harmoniously, it is a city of neighborhoods with ethnic diversity but without ghettos. Touring Toronto is like touring the world without the inconvenience of passports and inoculations. Toronto is a Huron Indian word for "place of meeting."

The CN Tower is Toronto's most famous landmark, a communications structure that dominates the skyline; it can be seen from almost 75 miles away. At 1,815 feet, the CN Tower is the world's tallest freestanding structure. Its glass-walled elevator skims up the concrete-and-steel stiletto at a heart-stopping pace—1,200 feet a minute, or faster than a jet gains altitude at takeoff—to more than one-third mile above the downtown area. From the tower you can choose the sites you want to visit; on a clear day you can also see Rochester, Buffalo and Niagara Falls.

But the best way to get your bearings in a big, strange city is to take a bus or a trolley tour. The Gray Line Tours offers the 2½-hour Great Toronto tour, which hits all the high spots. Or take the one- or two-hour guided visit in a beautifully restored 1920s Peter Witt trolley car. Toronto has the largest trolley-car system in North America.

A Toronto must-see is the Ontario Science Centre, perched atop a wooded ravine. Part museum and part fun fair, it encourages you to explore, to experience and to enjoy the more than 500 exhibits. Touch 500,000 volts! Your hair stands on end. Test your reflexes, balance, heart rate and grip strength. Look at fired and unfired bullets under the microscope. Walk through the "disorientation room." Watch a laser beam cut through a brick. Land a simulated lunar module. Pull a lever, punch a button and participate in the great adventure of science. (It is open year-round.)

Ontario Place, a 96-acre, family recreation and amusement center, is built partly on stilts on three man-made islands in Lake Ontario; it includes the imaginative, two-acre Children's Village playground, a dozen restaurants, lawns for picnics, a marina and an 8,000-seat outdoor amphitheater called the Forum, which offers everything from bluegrass to ballet. (Toronto is the home of the National Ballet of Canada and the Canadian Opera Company, which perform at Toronto's O'Keefe Centre.) The 800-seat Cinesphere movie house, located in a geodesic-domed theater, features films projected on a six-story screen with wraparound sound. The IMAX screen is the world's largest.

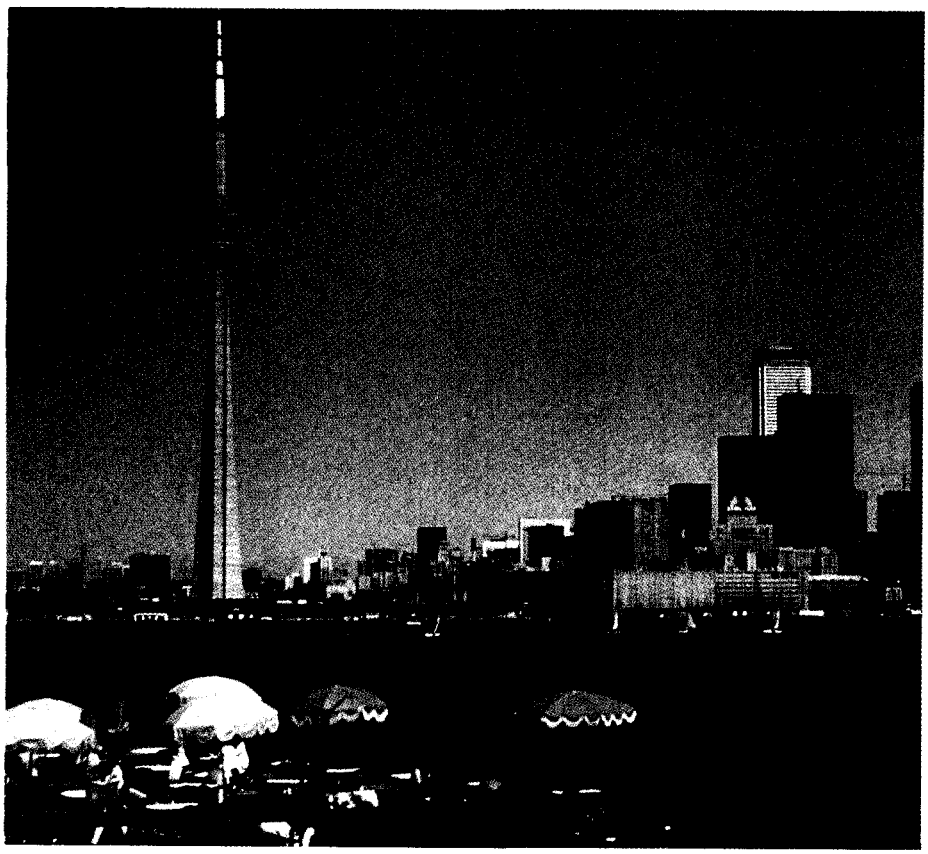
Toronto's smartest and most expensive shopping section is Yorkville, a neighborhood of boutiques, galleries, bookstores, restaurants, bars and sidewalk cafes. Yorkville's Victorian-Gothic houses originally formed an artists' quarter, then a hippie haven; now it's a small, fashionable village. Yorkville's Innuit Gallery features Eskimo art—carvings, fabrics and prints. Toronto's main thoroughfare, Yonge Street, is Yorkville's eastern boundary. The longest street in the world, it extends 1,300 miles to the Manitoba-Ontario border.

The narrow streets in what used to be Toronto's Jewish community form a European-style market of amazing variety. Kosher butchers, Portuguese fishmongers, West Indian greengrocers, secondhand dealers and restaurateurs chat in a babel of languages. Customers haggle over prices. The market sells live geese, pigeons, guinea pigs, chickens, vegetables and dry goods. The air is filled with shouts, music and exotic smells.

Toronto has more than 4,000 restaurants. The listings by ethnic category begin with Arabian, Armenian and Austrian and finish with Ukrainian and West Indian. For instance, feast on the delicious classical East European food at the Ukrainian Caravan and then watch a 60-minute musical-comedy revue that includes a saber duel, wild songs, gymnastics and good humor. The ceiling is pockmarked, testifying to enthusiastic saber dancing. The five members of the group are the only Ukrainian cabaret dancers in North America. They sing and tell stories in both Ukrainian and English. (A meal without wine costs between $10 and $20.)

Toronto has much we don't have space for—the Toronto Zoo; Eaton Centre; the World's Biggest Bookstore; North America's largest record store, Sam the Record Man; exhibitions; fairs—but you'll just have to see for yourself.

—Carolyn Crowley



The high point of Toronto's lakefront skyline is the CN Tower, the tallest freestanding structure in the world, with the highest revolving restaurant.

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CHINA

One of America's most talked about subjects

Up-to-date factual information from a "China Watcher" who writes about a fifty-year love affair with her people.

A MARINE AMONG THE IDOLS—"Here, then, is the plain, unvarnished tale of one man's experience. It is both unique and typical; in its details it is peculiar to the author; in its underlying truth it can be duplicated and vouched for by multitudes of other men. Herein lies the secret of truly happy, successful, victorious living. May God bless its message."

From the introduction
by Cmdr. Albert Stone (CHC) U.S. Navy

MY CUP OF TEA—"If you are an average citizen whose knowlege of China is based primarily on the lies of the American mass media and our political leaders, you will welcome, though perhaps be shocked by, this moving, graphic report of what has happened in China and why."

From the introduction
by Thomas Anderson

TO CHINA WITH LOVE—"Rev. Claude Curtis may not always know exactly where his physical body is, but his heart is in China. Saved by God's grace in China in 1933 as a young Marine, Claude has one consuming passion—to win one billion Chinese to Jesus Christ."

From the introduction
by David A. Noebel, President
Summit Ministries

MORE LOVE TO CHINA—Reverend Claude Curtis is a unique individual with a consuming love for China and an undying passion to sow the Word among the Chinese people. As his pastor, I have come to love him and respect him for his courage and ever-present zeal. *To China With More Love* is exactly that—a detailed account of China trips taken because of a heart filled with much love.

From the introduction
By Dr. Don Stone, Pastor
Lanakila Baptist Church, Waipahu, Hawaii

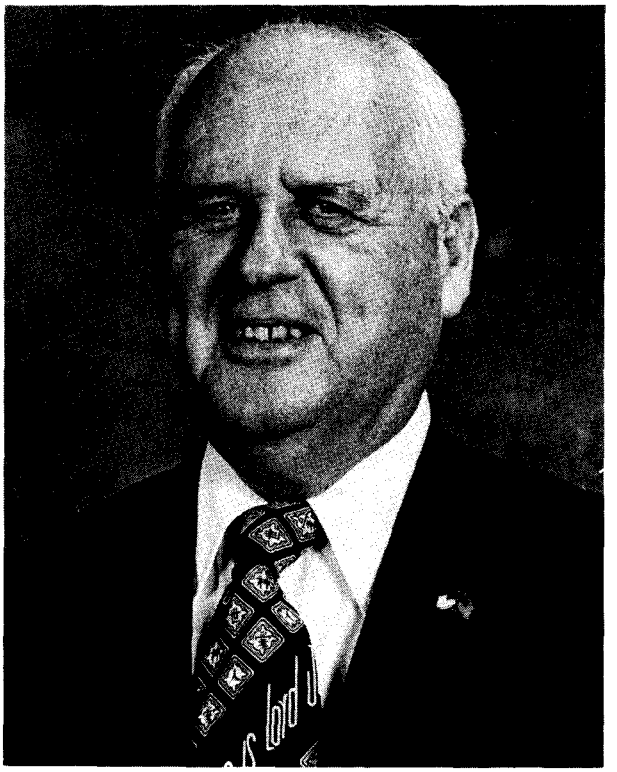
BY FAITH—Many have set out to pen down the "Life of Faith," but the author writes with simplicity out of the multitude of experiences that he has had with the Lord over a fifty-year period of ministering. These experiences have given him the authenticity to speak to my heart and yours.

By Faith is a reality in his life. I first met the author in Hawaii in 1980. I was speaking at a "Faith Promise Mission Conference" in Lanakila Baptist Church, Pastor Don Stone. I was immediately impressed. The author had just returned from a trip to Communist China. I felt some of the burden that he surely has felt for the last several years for the Chinese people. As a result of this first meeting, I extended to him an invitation to come and challenge our people, which later he did. He has been with us several times since then.

As I read *By Faith*, I was touched again with the wonderful truth of the song, "Living by Faith." I have given by faith to spread the gospel for the last nineteen years, but the author lets us know the blessing of those whose prayers are answered by our gifts.

It is my belief that you will be genuinely blessed, as I have, by the reading of Bro. Claude Curtis's latest book. He sets forth so clearly the walk of the faithful believer that it makes us feel ashamed of our "little faith." May this book be a blessing to you as it has been to me.

A. Alvis Edmondson
Arlington, Texas



You don't have any trouble knowing where the outspoken missionary Claude Curtis stands on his beliefs. His tie proclaims his religious belief. A lapel pin declares his support of the Nationalist Chinese government on Taiwan.

He is an independent missionary and his home base is Wahiawa, Hawaii. China and her people are very dear to Curtis. He calls China "the land of my adoption" and "my cup of tea." China wooed and won Curtis when he was "a young and idealistic Marine" sent there in 1931 during the Sino-Japanese conflict. In China, this young man became a "born again" Christian. Curtis says, "It was a glorious experience, which gave me an unfailing, never changing, unending love for China.

Quantity	Quantity Discount to Trade		Total
_____	*A Marine Among the Idols*	@$3.00	_____
_____	*My Cup of Tea*	@$4.00	_____
_____	*To China With Love*	@$4.00	_____
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Vets on Pets

continued from page 26

the texture and the strength of the skin and the hair; malabsorption and poor digestion; loss of vision, hearing, taste and smell; defects in memory and orientation; lapses in habits and training; and snapping at imaginary objects. Many of these changes from "normal" behavior are due to alterations in the brain cells.

If your dog has not recently had a complete physical, including blood chemistries and urinalysis, please make an appointment with your veterinarian at once. Aging is a normal process of life, and many of the neurological changes are not treatable; however, evaluation of the major organ systems may reveal physical deterioration that can be delayed by proper treatment.

H.E.W.

Dear Dr. White:

When a friend leaves town I keep her 3½-pound Silky Yorkie. She has colitis. She eats her I.D. diet at home but refuses it when I have her. I know she is spoiled and hard-headed, but would skinless, boiled chicken with a little rice hurt her? Can you suggest other "people food"?

My dog's eyes run water. Can I put boric-acid solution drops in the eyes?

Lea Bennett Sartin
New Orleans, Louisiana

Dear Lea:

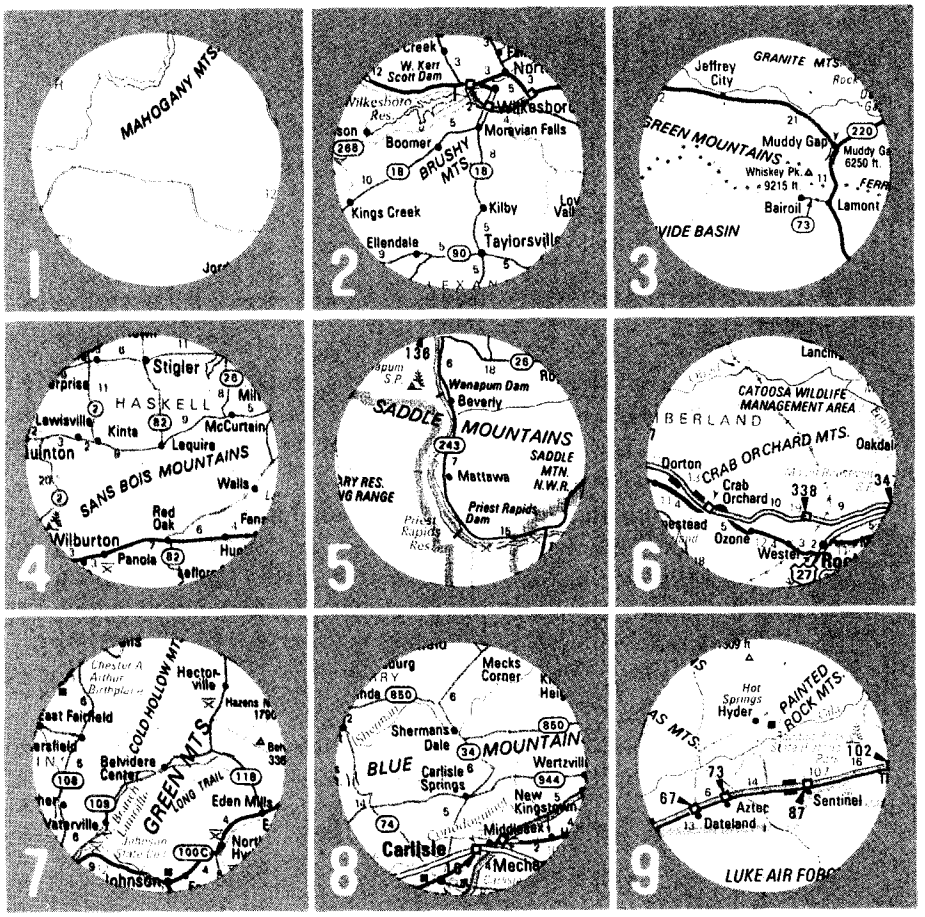
The dog's refusal to eat the prescription diet (I.D., or intestinal diet) indicates an emotional upset or separation anxiety at being left in strange surroundings by her owner.

You imply that she will only eat "people food" while visiting you. Though the diet you suggest—boiled chicken and cooked rice—seems harmless, it may reinforce the dog's behavior. If you can schedule some type of positive reinforcement (pleasurable activity, attention, petting, etc.) to coincide with the dog's eating or approaching the prescribed food, you will be on the road to controlling the situation.

Gently clean the area around your dog's eyes and use a cotton ball moistened with water. A mild ophthalmic solution of boric acid may help.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 89)

Miami

continued from page 63

Miami, Florida, is still a city overflowing with contradictions. There is violence, certainly, but also a strong community spirit; prices are sometimes outrageous, but bargains can be irresistible; there is dismal poverty alongside enormous wealth and golden opportunities.

Raul Martinez, the mayor of Hialeah, a suburb of Miami, took advantage of those opportunities. The 1960 refugee from Cuba recently told some schoolchildren: "This is a country in which you have to work hard, but the one who works hard will be successful." As the first Cuban-born mayor of a major city in the United States, Martinez is living testimony to his philosophy.

Today's Miami is blessed with a rare mixture of natural resources and dreams. Its architecture is a tapestry woven with threads of the old and the new. Add to this a dash of creative imagination and the seemingly undying spirit of local support; the result is a city destined to generate an electricity felt nationwide.

Even Sidney Lanier would have to be impressed.

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ALBUM NO. 2

THE LAST WALTZ • SOMEWHERE MY LOVE • TILL WE MEET AGAIN • FASCINATION • MELODY OF LOVE • TENNESSEE WALTZ • I WANT TO BE WITH YOU • YOU DON'T HAVE TO SAY YOU LOVE ME • *4 MORE FAVORITES!*

YOU GET BOTH!

TOM JONES Beautiful Songs Of Love

His magic is felt by women of every age. Here are 11 of his most requested recordings plus 7 *Brand New Songs* recorded exclusively for this album.

GREEN, GREEN GRASS OF HOME • A WOMAN'S TOUCH • LET IT BE ME • MY ELUSIVE DREAMS • TODAY I STARTED LOVING YOU AGAIN • I'LL NEVER FALL IN LOVE AGAIN • AND 5 MORE ALL-TIME FAVORITES! *PLUS THESE NEW SONGS:* VAYA CON DIOS • FOR THE GOOD TIMES • I LOVE HOW YOU LOVE ME • RELEASE ME • TO ALL THE GIRLS I'VE LOVED BEFORE • HELP ME MAKE IT THROUGH THE NIGHT • ONLY YOU

GLENN MILLER His Famous Original Orchestra!

Many have tried and failed to copy his smooth and mellow sound. Here are all the genuine Glenn Miller hit recordings from the priceless RCA originals.

MOONLIGHT SERENADE • IN THE MOOD • STRING OF PEARLS • LITTLE BROWN JUG • CHATTANOOGA CHOO CHOO • ELMER'S TUNE • AMERICAN PATROL • MOONLIGHT COCKTAIL • PENNSYLVANIA 6-5000 • GLEN ISLAND SPECIAL • THE WHITE CLIFFS OF DOVER • SUNRISE SERENADE • DON'T SIT UNDER THE APPLE TREE • BLUEBERRY HILL • I'VE GOT A GAL IN KALAMAZOO • TUXEDO JUNCTION • IMAGINATION • *5 MORE FAVORITES!*

CRISTY LANE "One Day At A Time!"

Her famous TV album. America's favorite songs of faith and inspiration to give you strength each day. Simply beautiful!

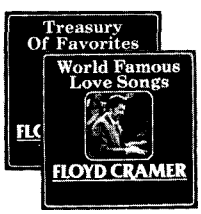
ONE DAY AT A TIME • I BELIEVE • IN THE GARDEN • WHISPERING HOPE • ROCK OF AGES • JUST A CLOSER WALK WITH THEE • SOFTLY AND TENDERLY • WHY ME • HOW GREAT THOU ART • I'LL RISE AGAIN • TRY A LITTLE KINDNESS • PEACE IN THE VALLEY • IT IS NO SECRET • AMAZING GRACE • EVERYTHING IS BEAUTIFUL • *PLUS 3 MORE FAVORITES!*

ENGELBERT HUMPERDINCK His Famous TV Album

Enjoy all the hits that made this romantic singing star world famous! On TV this beautiful treasury was a giant seller. Here's one more chance to order.

RELEASE ME • THERE GOES MY EVERYTHING • THE LAST WALTZ • AM I THAT EASY TO FORGET • A MAN WITHOUT LOVE • THE WAY IT USED TO BE • LES BICYCLETTES DE BELSIZE • I'M A BETTER MAN • WINTER WORLD OF LOVE • SPANISH EYES • QUANDO, QUANDO • WHAT A WONDERFUL WORLD • CAN'T TAKE MY EYES OFF OF YOU • WHAT NOW MY LOVE • MISTY BLUE • *PLUS 5 MORE FAVORITES!*

FLOYD CRAMER Over 600,000 Already Sold!



His music is so loved a single one of his recordings sold over 1,000,000 copies. Here are his most famous hits *plus* brand new recordings never released before. 30 richly orchestrated recordings!

ALBUM NO. 1

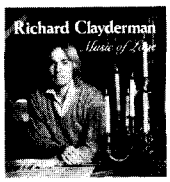
I CAN'T STOP LOVING YOU • MAKING BELIEVE • ALWAYS ON MY MIND • THERE GOES MY EVERYTHING • BOUQUET OF ROSES • VAYA CON DIOS • I CAN'T HELP IT (IF I'M STILL IN LOVE WITH YOU) • *5 MORE FAVORITES!*

ALBUM NO. 2

LAST DATE • SOMEWHERE MY LOVE • FOR THE GOOD TIMES • TENNESSEE WALTZ • I'M THINKING TONIGHT OF MY BLUE EYES • MISTY BLUE • BLUE BAYOU • HONEY • BORN TO LOSE • YOU NEEDED ME • RELEASE ME • BLUE EYES CRYING IN THE RAIN • *6 MORE FAVORITES!*

YOU GET BOTH!

RICHARD CLAYDERMAN Top Selling Piano Star



His heart-touching piano music is so beautiful he's sold 27 Million Records and won 121 Gold Record Awards. Your favorite songs are played with incredible feeling!

FEELINGS • LOVE STORY • MOON RIVER • SOMEWHERE MY LOVE • STRANGERS IN THE NIGHT • LOVE IS BLUE • SERENADE • LIEBESTRAUM • DON'T CRY FOR ME ARGENTINA • ROMEO AND JULIET • BARCAROLLE • GUANTANAMERA • SONATE AU CLAIR DE LUNE • LA VIE EN ROSE • BALLADE POUR ADELINE • TRAUMEREI • LOVE IS A MANY SPLENDORED THING • MEDLEY: LA MER, YESTERDAY, TILL

JULIO IGLESIAS Romance For All Ages!

He's the world's biggest selling star in 6 languages! Now Americans can enjoy his beautiful music, too. He's already won 300 Gold and Platinum Record Awards and sold over 100 million records.

FAMOUS AMERICAN RECORDING STARS JOIN IN!

ALL OF YOU *(With Diana Ross)* • TWO LOVERS • BAMBOO MEDLEY • THE AIR THAT I BREATHE *(With The Beach Boys)* • THE LAST TIME • MOONLIGHT LADY • WHEN I FALL IN LOVE • ME VA, ME VA • IF • TO ALL THE GIRLS I'VE LOVED BEFORE *(With Willie Nelson)*

SINGING SWEETHEARTS! Movie Memories!

From the golden age of Hollywood Musicals comes the never-equaled music of Nelson Eddy & Jeanette MacDonald. A nostalgia buff's delight.

INDIAN LOVE CALL • ROSE-MARIE • BEYOND THE BLUE HORIZON • LOVE'S OLD SWEET SONG • WILL YOU REMEMBER • CIRIBIRIBIN • WHEN I GROW TOO OLD TO DREAM • WANTING YOU • LOVER COME BACK TO ME • VILIA • I'LL SEE YOU AGAIN • I'M FALLING IN LOVE WITH SOMEONE • ROSALIE • *PLUS 7 MORE FAVORITES!*

DEAN MARTIN His Most Heart-Touching Songs!

This is the exclusive Two-Album Dean Martin TV offer sweeping America. Here are the most heart-touching recordings Dean ever made. So richly beautiful you'll listen again and again.

ALBUM NO. 1

IN THE MISTY MOONLIGHT • I'LL HOLD YOU IN MY HEART • RELEASE ME • BORN TO LOSE • I'M SO LONESOME I COULD CRY • TAKE THESE CHAINS FROM MY HEART • THE DOOR IS STILL OPEN TO MY HEART • *PLUS 5 MORE FAVORITES!*

ALBUM NO. 2

EVERYBODY LOVES SOMEBODY SOMETIME • RETURN TO ME • SOMEWHERE THERE'S A SOMEONE • ARRIVEDERCI ROMA • ROOM FULL OF ROSES • YOU'LL ALWAYS BE THE ONE I LOVE • CRYING TIME • YOU'RE BREAKING MY HEART • *PLUS 4 MORE FAVORITES!*

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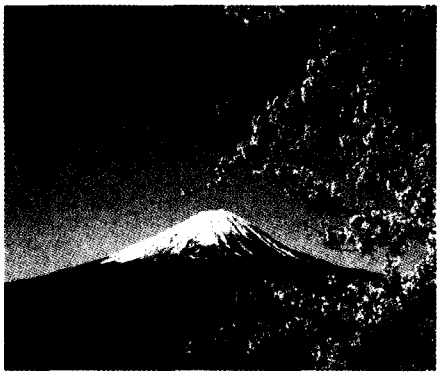
Where in the World?

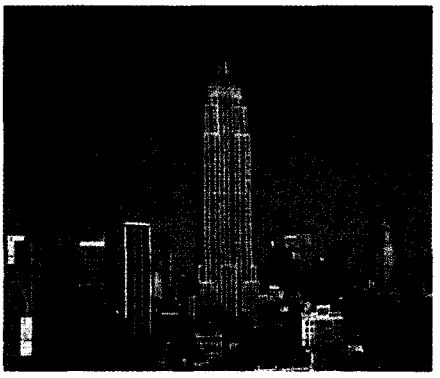
The mountain is high, but so is the skyscraper—and we're high on all four of this month's subjects.



A

☐ *Japan*
☐ *Korea*
☐ *China*

You might not erupt either if you were held sacred, but you must agree that holding one's temper since 1707 is remarkable. This volcano's countless painters and pilgrims will be relieved to know that no future tantrums are forecast.



B

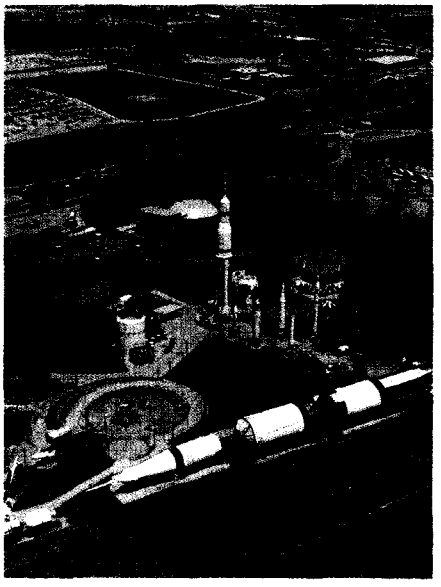
☐ *Chicago*
☐ *Moscow*
☐ *New York City*

Would King Kong have made this his Junglegym if the World Trade Center had been nearby? Do all tourists in the area visit the 102nd-floor observatory? Is anyone unable to identify this skyscraper? If it's you, better turn to the answer page, quick.

C

☐ *Dublin*
☐ *London*
☐ *Edinburgh*

You are not looking at Big Ben. Unbeknown but to the elite circle of "Where in the World?" readers, "Big Ben" refers not to the handsome clock face or the spire you see here but to the 16-ton bell hanging inside the tower. But it's all it's been cracked up to be—the 1-ton clapper saw to that long ago.



D

☐ *Texas*
☐ *Florida*
☐ *Alabama*

Research and development for the Space Shuttle and the Apollo programs took place here and still goes on for space stations at the Marshall Space Flight Center. On the grounds are also found the Space Museum and the Spacedome Theater.

Answers on page 112

America

continued from page 36

depth of moral commitment, the faith in God and the trust in traditional values that Ronald Reagan had, but they were comfortable with a man in the White House who did have.

They wanted leadership that hadn't been cowed into silence regarding faith in God, in country and in family, for instance. They wanted freedom individually, nationally and internationally. They wanted a government willing to back out of places it shouldn't be so it could be strong enough to meet the needs it should meet.

So they got their man. He understood who they were and what they wanted. But the information industry refused or failed to understand and continued to misrepresent what America is. Lacking understanding, this powerful, hard-working information group actually strove to thwart the programs the people wanted. Though the will of the people had been indicated—and even though this is a democracy—the will of the people was not followed.

One wonders if this dichotomy between the people and the "experts" who run things is permanent. I believe we must seek the answer to a basic question: Are the information leaders of our country actually elitists?—as some (I included) have asked. Have they lost touch with reality? Do they see themselves as somehow "knowing," while the majority of the people—even the people in Nebraska and North Carolina and Tennessee with whom they grew up—don't really "understand"? Are they correct in this perception? Is it possibly true that—by going to the same schools; by reading the same books and periodicals; by viewing the same theater; by passing through the same farm system on the way to the top; by going to the same parties; by avoiding the same God; by snickering at the same old-fashioned virtues—their beliefs permit them to override the popular will?

The answers to the above questions are: Yes, they are elitists; yes, they have lost touch with reality in spiritual matters; yes, they quietly believe they know more than the typical American; no, they are not superior in their

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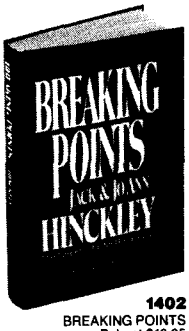

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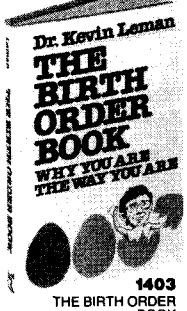

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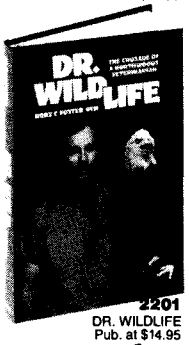

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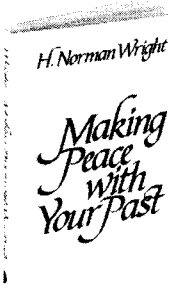

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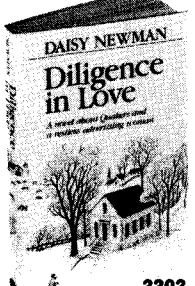

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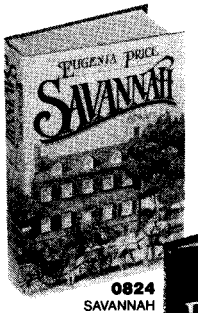

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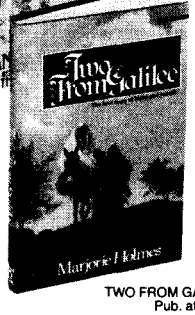

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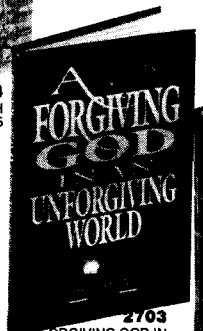

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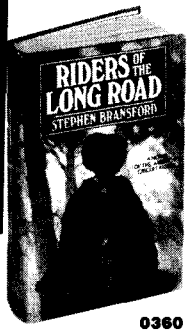

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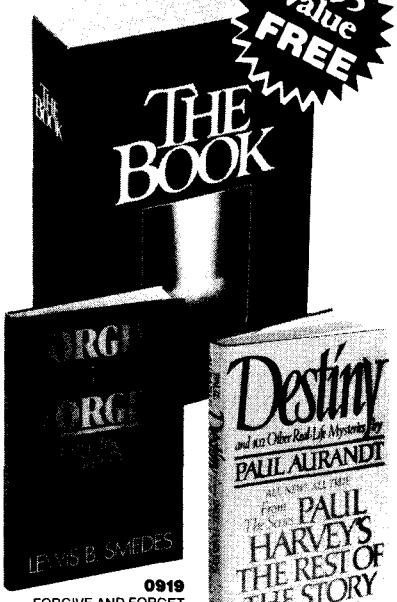

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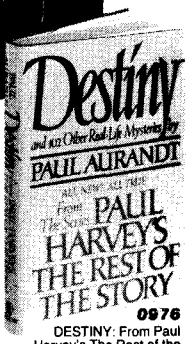

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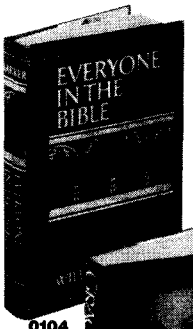

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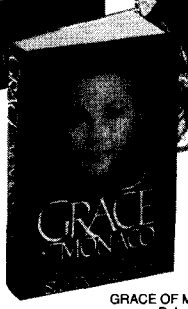

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understanding, but merely different—even wrong, in some cases.

The problem is that, since World War II, this group of experts has gained the center stage, through intelligence, hard work and perseverance. The good news is that the same qualities, if embraced by the traditionalists, can correct the imbalance. There is evidence such correction is not far distant.

Those same evangelicals I mentioned earlier, plus those folks with the residue of faith, plus those who have never waffled in their stand for traditional values, are turning up in key places. They are intelligent, they are hard-working and they are persevering. They will one day have a voice in the television, the film, the publishing and the educational industries. Then perhaps we once again will see clearly what America is, rather than what it isn't. ✱

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by October 16, 1985.

Our congratulations and a check for $100 go to Harry Fry of Forrest, Illinois, for the winning entry in our May/June 1985 caption contest.

"A heavenly vacation," he cried;
Of that he most definitely lied.
He got his wishes—
I got the dishes.
If I strangled him, would I be tried?

Outfielder

continued from page 68

quarter note—C sharp—held for one sixteenth more. *Then* strike. You are too early. It must be exactly on time."

"What the heck's he talking about?" asked the coach, who had just come up.

The boy didn't answer right away. He was looking at Mr. Olinsky as if he had realized for the first time something very important that he had been told over and over again but had not grasped previously.

"He's talking about Johann Sebastian Bach," he said to the coach. "Five sixteenths. Not a quarter note."

"Bach had 20 children," said Mr. Olinsky to the coach. "Many of them were boys. He would know about these things."

"For cripes' sakes, let's get on with the game," said the coach.

Mr. Olinsky did not go back to the bleachers. He remained behind the backstop and waited for the ceremony of the base inspection and the hard stare by the pitcher. He saw the Grasshopper pump twice, saw his hand go back behind his head, saw the curiously delayed flick of the ball, watched it speed to the boy and then he heard a sound, which afterward he thought was among the most beautiful and satisfying he had heard in all music.

It was a clean, sharp "click," sweet as birdsong.

The ball soared higher and higher into the air in a graceful parabola. It was 15 feet over the center-fielder's head, and it cleared the fence by a good 4 feet.

Then pandemonium broke loose. People were running all over the field, and the boy was chased around the bases by half his teammates, and when he got to home plate he was thumped upon the back and his hair ruffled, and in all this Mr. Olinsky caught one glimpse of the boy's face, laughing and yet with tears pouring down his cheeks.

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This *original* publicity ad must accompany your request. Copies or photostats are *not* acceptable.

These knives are not copies. These are *genuine* MALIN M-15™ SURVIVAL KNIVES—the same famous survival knives nationally advertised in leading media throughout America. They are the most popular (and most expensive) hunting/fishing/camping knives of their kind ever sold by this multi-million-dollar firm.

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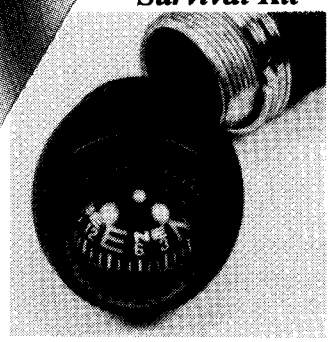
Survival Kit hidden in the hollow handle

But that's not all! In the pommel of each MALIN M-15 is a precision ZF-360 Liquid Damped Compass. And when you unscrew the compass—there is an astonishing Survival Kit complete with packet of waterproof wrapped matches, half-a-dozen fishing hooks, sinkers, nylon test fishing line, sewing needle kit—even an 18-inch cable saw actually capable of cutting down a a small tree. No wonder this is the best-selling survival knife of its kind ever sold by this multi-million dollar New York firm.

Compass Unscrews To Reveal Survival Kit



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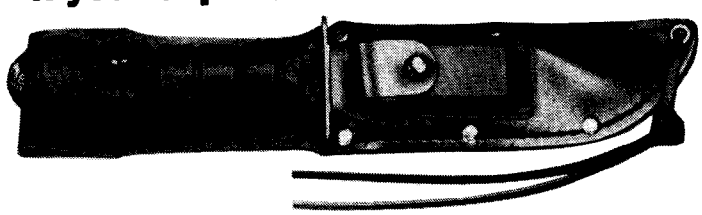

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A week later the boy turned up at Mr. Olinsky's studio for his violin lesson. He looked around at all the great musicians on the wall, and they no longer seemed to be disapproving and disappointed in him.

Paganini was almost kindly. There was a suggestion of a chuckle on the noble profile of Mozart, and Beethoven no longer looked so forbidding. The boy looked at the portrait of Johann Sebastian Bach last.

He looked for a long time at the picture, and then he said two words out loud—words that brought lasting happiness to Mr. Olinsky. The words were: "Thanks, coach."

The arioso went excellently from then on.

Concerned Women

continued from page 71

their status, rallying support for profamily causes and generating opposition to bills that threaten family rights have caused her to relocate from California to Washington, D.C., require her to be on the road every weekend and necessitate her carrying home a briefcase full of homework each night.

She jokes that someone once said you have to hemorrhage in order to get someone else to bleed, and as the leader of a large organization she has to be more saturated with CWA's work and more knowledgeable about its causes than the general membership. Her goal is to keep ahead of the members—no easy task, she insists—so she can continue to be a source of strength and motivation. She refutes the superwoman tag and occasionally frets about financial matters, admits to being tired by the pace and pleads old-fashioned homesickness for her six grandchildren back in San Diego. Her remedies for these maladies include an annual, two-week family reunion on board a houseboat somewhere in the Grand Canyon ("no phones, no TV, no newspapers"), leisurely dinners with her husband ("we discuss new ideas we wouldn't dare mention to anyone else"), and a favorite passage from the Bible (2 Tim. 1:7).

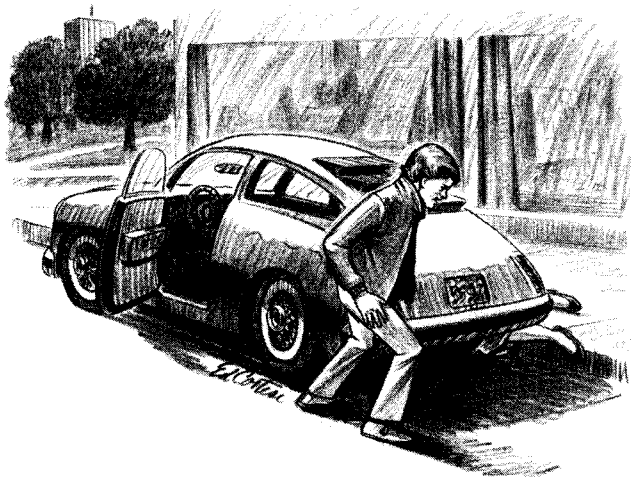
"It goes like this: 'For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.' I guess that's been the verse that has kept me going, because when I think of what I'm doing right now I could become kind of fearful. We have to raise large amounts of money to keep doing what we're doing," she says.

Especially costly are the expenses incurred when CWA decides to go to court in defense of a profamily issue. Four attorneys work full-time on behalf of the organization and research and prepare cases that often pit their wits against those of the American Civil Liberties Union's legal staff. They choose their cases carefully; they are compiling an impressive record of victory.

"Right now we have 14 cases in progress," explains Michael Farris, CWA's general legal counsel. "It takes a long time; one case, for example, was started in 1979, and I get to argue it before the U.S. Supreme Court this fall." The case involves a blind resident of Washington state who was denied vocational-rehabilitation benefits because he wanted to attend a Spokane Bible school to study to be a pastor. The Washington state supreme court, ruling against the student, said his educational goal violated the separation of church and state. CWA jumped into the legal fracas because Farris believes the case could set a precedent for religious freedom.

"We use four criteria in deciding whether or not to get involved in a case," Farris says. "First, is it a precedent-setting issue? Are we fighting for something larger than the individuals involved? Second, how close is it to our concerns? Does it deal with family rights? Religious freedom? Third, can the people afford to fight the case themselves? We're not likely to take it on if they're millionaires. Lastly, how busy are we? There are many cases that meet all our criteria, but we turn them down because we don't have an open slot. Sometimes we get ten requests a day, and we can only take on about ten cases a year. We want to do a good job."

And they do. Farris views his role as legal counsel as more a mission than a job. Ordained by his church to minister in the legal arena, he maintains he has no desire to establish a more lucrative private practice: Too much work remains to be done. He and his staff are currently battling a ban on Christmas carols in a Florida high school;



You be the Judge

by John A. Ritter
Attorney at Law

Brushed by a slow-moving car, Connie fell to the pavement.

The driver stopped and ran to help her up. "I'm so sorry I hit you," said the driver apologetically.

Connie hired a lawyer, who sued the driver and seized upon these words in his lawsuit. "The driver admitted he was negligent when he told Connie that he was sorry," the lawyer argued.

If you were the judge, how would you decide?

The driver is not negligent. "The word 'sorry' is not an admission of negligence," the judge said. "It can mean regret, as well as apology."

(Based on a 1973 Nebraska Supreme Court decision)

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they're supporting a mother's efforts to prevent her homosexual ex-husband from gaining custody of her son; and they're arguing in favor of parents whose children were suspended from school for refusing to read a textbook they said violated their religious beliefs.

"Nobody has been fighting on this side of the issues for very long," Farris explains. "For decades the ACLU was pulling from the left, and there was no counteraction from the Christian community. Just the fact that we're now pushing, pulling, shoving and arguing cases and winning far more than we lose shows progress. But we've got a long, long way to go. Each suit is complex and involves six to eight feet of files. It's very expensive to try major constitutional cases."

For support the lawyers have a network of half a million CWA members applauding their efforts and praying for their success. When the battlefront moves from the courts to Congress, that same network is capable of swamping leading players with a deluge of mail and telephone calls. But CWA doesn't stop there. At its recent national convention it offered members training in how to run for political office, how to wage a campaign for the board of education and how to have an effect on the public school system. The theme of the information-sharing convention was a phrase from Esther 4:14: ". . . for such a time as this. . . ."

"I believe women are being raised up for such a time as this," Mrs. LaHaye says. "When you're talking about family issues, women can be very strong, *very tough* . . . and I mean that in the good sense of the word. The average American woman has endurance and is willing to give of herself for what she believes is right. I think God is going to use us to turn the tide from becoming a humanist nation."

Her followers in the field agree. With some surprise they report that when they band together, their soft voices have clout. "It's time for us to step out of our church pews and join hands," says Marcia Wells in Oklahoma.

Several hundred miles away in Ohio, Doris Holman echoes the sentiment: "Sure, it may mean another meeting to go to, and people are 'meetinged' to death. But something has to be done, and if we don't do it, who will?"

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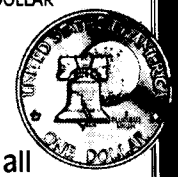

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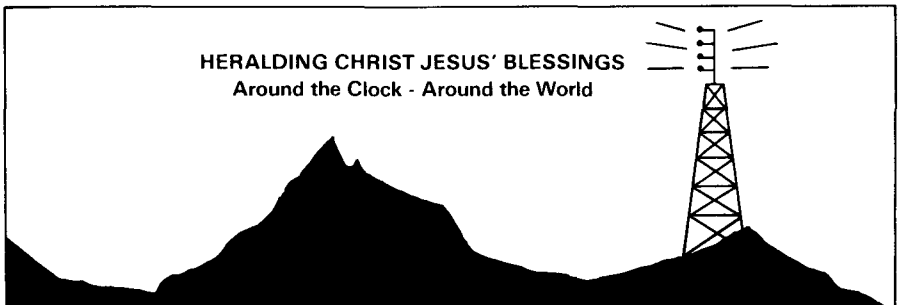

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Nancy Reagan

continued from page 59

another location, Nancy Reagan was out in the hallway with the kids, totally oblivious to anything or anyone, except them. The kids completely surrounded her. And they open up like nothing you've ever seen. She just has this certain ability to communicate with them. I've never seen it fail."

• • •

As everyone knows, the President and Mrs. Reagan look years younger than their age. "How do you and the President keep so wonderfully fit?" I asked her.

"I think that I can tell you very easily. We have always led a very active life physically. We have a ranch, and California lends itself to outdoor living. So it's different coming back here where you have no exercise at all—none; you don't walk, you don't do anything. You walk out of here and get into a car and you are driven someplace, except for the weekends at Camp David.

"I think that exercise is very, very important. I think obviously you look better, you feel better, you work better; everything is just better and doctors will certainly tell you it's better. In order to get exercise, for instance, if I am going to the second or to the third floor, I will walk instead of taking the elevator, but I will walk two steps at a time."

"Do you play tennis?"

"No, I don't play tennis. I used to play tennis before I got married, but my husband doesn't play tennis, so we ride."

"Do you swim together a lot? Is that part of your exercise regimen?"

"At Camp David, but not here."

"Why? The pool just isn't private?"

"It's so far away, and it's not really private and it's a very limited period that you can swim in Washington; it's not like California."

"Oh, it's an outdoor pool?"

"It's heated, but it's still outdoors, and the weather gets pretty cold here."

"Is it true that when you were first married your father suggested that just in case you had a mineral or vitamin deficiency you should take a multivitamin every day?"

"Yes, we do."

"Did your father tell you anything about vitamin C or not to smoke?"

"Ronnie has never smoked. And when we got married, I was what you would call a social smoker. If we went out, I would smoke at nighttime, but I never smoked in the daytime. If we stayed home, I never smoked at night. When Bob Taylor died—he was the godfather of our son and we were the godparents of his daughter—I stopped even that much. I was never really a real smoker." (*Editor's note: Robert Taylor smoked, and died from cancer—so too the Hollywood performers Nat King Cole, John Wayne, Betty Grable, Gary Cooper and Humphrey Bogart.*)

"I've read that nicotine is the most addictive drug, and it's the hardest drug addiction to break," I added.

"I guess it is. I have very good friends that I can't seem to talk out of it," she replied.

"Did your father teach you any other good preventive-health practices, like telling you about fiber and how to prevent a dowager's hump by taking enough calcium?" I asked.

"Yes. He told me about calcium, eating properly, exercise. One of his favorites was: 'You have to exercise your brain as well as your body. Your brain is a muscle just like the muscles in your body, and if you don't keep it exercised, it will atrophy. . . .' "

"Did you go to some medical meetings with him and ever think that maybe you'd be doing anything in medicine?"

"Yes, I used to go watch him operate. I did that a lot, and I did nurse's-aide work at hospitals."

In addition to her nurse's-aide work, Mrs. Reagan has had several hospital vigils in her life—when the President was shot, when her father lay dying and, recently, during the surgery of her husband and during his convalescence. She stayed with him in the hospital, she kept his spirits up and she only let down when she went back to the White House. She didn't want him to see her cry. Through her sheer strength and force of will she helped him to get better and helped him during the convalescence. She gave strength to him, and her strength has come from her tremendous faith.

She has written in her autobiography: "God must have loved me a lot to have given him to me. . . .We both have faith in God and believe He has a plan for each of us."

BETHESDA NAVAL HOSPITAL
SOMEBODY GET DOWN THERE AND STOP THAT CLOWN FROM CHOPPING WOOD BEFORE HE DISTURBS THE PRESIDENT!
GOOD HEAVENS... THAT IS THE PRESIDENT!

Editor's note: *Rx humor—According to the White House publication "Friday Follies," this was President Reagan's favorite cartoon about his recent surgery.*

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Grandparents

You can finish your Christmas shopping today with this great gift idea for your grandchildren from the publisher of *The Saturday Evening Post.*

You can send your grandchild a gift that lasts the entire year. Our children's magazines are published by the Children's Better Health Institute, a division of the Benjamin Franklin Literary & Medical Society, Inc.—the same people who bring you *The Saturday Evening Post.*

Preschoolers learn shapes, numbers and the alphabet in *Turtle Magazine. Humpty Dumpty* and *Children's Playmate* have read-alouds, simple stories and activities for the beginning reader.

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And just as important, each magazine has "Herbie the Health Nut News." Herbie will stress good health, nutrition, exercise and safety in a positive and entertaining manner. Children will learn about their bodies, healthful foods and simple recipes, exercise and sports, safety and more. Each magazine has been designed for specific age levels. (See ages at right.)

So take advantage of this unique holiday gift idea by filling out the order coupon. With each gift subscription we will send you a free gift card to personally sign and send to your grandchild to announce your gift. Each subscription will start with the January 1986 issue so it will arrive at Christmastime.

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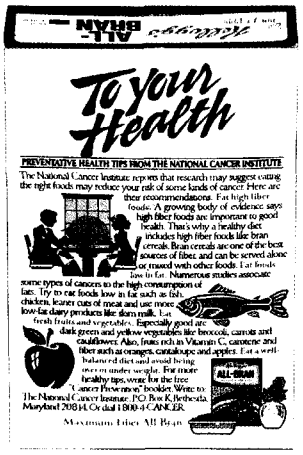
MEDICAL MAILBOX

by Cory SerVaas M.D.

"Whatsoever was the father of a disease, an ill diet was the mother."
—Proverb

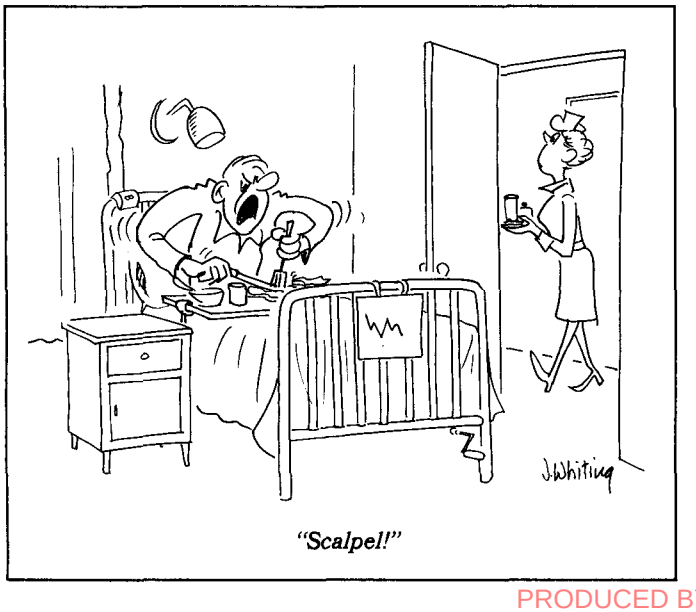
Joan S. Marie presents the Benjamin Franklin Award to William E. LaMothe, chairman and chief executive officer of the Kellogg Company, for the courageous stand he has taken in providing cancer-prevention health information from the National Cancer Institute on the backs of cereal boxes.



When Kellogg's Bran went on the market in 1916 (right) the Kellogg brothers believed that it promoted better health. Today, the back panel of each box (left) proclaims findings from the National Cancer Institute on fiber and cancer prevention that indicate bran does a lot more than relieve constipation.

Ben Franklin Award

A man of Benjamin Franklin's courage when it comes to crusading for the public good, William E. LaMothe, chairman and chief executive officer of the Kellogg Company, has taken the ultimate responsibility for printing National Cancer Institute information on the backs of 50 million bran-cereal boxes. The *Post* agrees with him that the breakfast table is the ideal place to absorb—while ingesting a high-fiber diet—the good news about the chances of lessening the risk of cancer.



"Scalpel!"

"We are proud to be able to announce to all Americans that if they change their diets to one of low-fat/high-fiber," said Mr. LaMothe in accepting the award, "there's much scientific evidence to indicate that they can reduce their risks of some types of cancer and other diseases. And by getting that message out to the American public, we think a lot of lives will be saved."

At the award ceremonies in the offices of The Saturday Evening Post Society, LaMothe recalled that W.K. Kellogg first introduced Kellogg's All-Bran in 1913 and believed even then that fiber was a very important part of a healthful diet. "And here we are, 72 years later," he pointed out, "with much scientific support that confirms this belief."

Years before the introduction of All-Bran, Will and John Kellogg had been crusading for good health through a healthful diet. In the late 1800s, at their Battle Creek, Michigan, sanitarium, Dr. John was promoting the Seventh-day Adventist regimen, eliminating meat from the "san" dining room and establishing a special research kitchen to develop a wholesome and tasty vegetarian cuisine. In 1894 an experiment to make a digestible substitute for bread by boiling wheat resulted in a flaked cereal, which the Kelloggs called Granose. Thus was the modern-day breakfast cereal created.

Critical flak from the Food and Drug Administration has not stopped Kellogg from getting the health information out to millions of cancer-concerned breakfast eaters. And its courage has already been rewarded by more than 30,000 calls and letters for information received by the Na-

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tonal Cancer Institute as a result of the message on the Iellogg boxes.

Dr. Gary Costley, a nutritionist and vice president of Iellogg, said, "This was a ground-breaking campaign in vhich the company had the courage to talk about cancer as i related to a food product. Nobody had ever done that before. Cancer is a word we just don't want to talk about ii our society. The fact is, however, there is a diet-cancer rdlationship, and what you eat does affect the risk of cer-

Dr. John H. Kellogg began the family tradition of pioneering to prevent degenerative diseases with the use of more high-fiber food. His Battle Creek Sanitarium became world renowned, and patients traveled from afar to obtain the benefits of his "Pritikin-like" diet and exercise programs.

tain kinds of cancers. All we have done is taken information from the National Cancer Institute and put that information in a context that the average consumer can relate to and do something about. We are excited about the concept and we think that other health-related messages need to be on food packages, both in our industry and other industries."

It is with pride, therefore, that the Society salutes Mr. LaMothe and Kellogg for carrying on the 1906 pioneering spirit of the company's farsighted founder.

Dowager's Hump

Dear Dr. SerVaas:

Please send any information you have on the dowager's hump.

I have one and would like to know if there is anything to keep it from getting worse.

Jodi Allen
Clinton, Tennessee

Dear Mrs. Allen:

You are right to be concerned about further loss of bone structure. Much research on the prevention of dowager's hump is being done in several medical centers. In these centers bone loss is measured and experiments are done on the value of supplemental calcium, vitamin D, magnesium and exercise programs to prevent bone loss and the resulting dowager's hump. Some investigators recommend 1,000 mg of supplemental calcium a day from about age 20 until menopause and after that 1,500 mg a day. Inactivity, smoking and caffeine all appear to accelerate bone loss. Weight-bearing exercises such as walking are recommended.

We're sending you a list of centers where bone screening and osteoporosis research are done. We're also mailing you the *Post* article "Don't Let Old Age Shrink You," a list of foods high in calcium and magnesium and information about calcium and magnesium supplements.

Salt Solution

Dear Dr. SerVaas:

Several years ago, I found a way to make the canned condensed soups more palatable. It doesn't take the salt away, just dilutes it. I add about ¼ cup of alphabet noodles. The alphabet noodles cook in a few minutes. Bring the soup to a boil as usual and then let it simmer a few minutes. I've also added extra dry, fine noodles or alphabet noodles to the packaged soups that make a quart—that helps to dilute the salt in them, too.

This is in answer to a letter in the April issue. It doesn't take out the salt, though I've now seen a dry soup mix that is low-salt.

Mrs. Richard Oliver
Augusta, Montana

Bran to Go

Dear Dr. SerVaas:

I am taking Metamucil for my constipation and it is not working very well. My doctor told me to add bran to it. The clerk at the health-food store where I went to buy it asked if I wanted oat or wheat bran: I did not know which one to buy. My doctor told me to write to you asking which is better for constipation. He told me about your article in *The Saturday Evening Post* about adding fiber to the diet.

Kindly let me know which to buy.

Jay Nichols
Atlantic City, New Jersey

Dear Mr. Nichols:

Wheat bran does best for constipation.

Self-Examination of Testes Recommended

In the interest of preventing testicular cancer, we have contacted our Society cancer-prevention survey respond-

"Let me put it in terms you can relate to, Mr. Buxworth. Your liver, your heart and your lungs have formed a cartel and are conspiring to take over your main office."

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ents who had been victims of this disease.

When we talked with these young men from all around the country, we learned that none of them had sought help early when they first felt a lump, because none of them had any idea that this cancer is most common in the 15-to-35 age group. They all thought that, like prostatic cancer, testicular cancer was a disease of older men.

The bad news was that their cancers had spread until they had symptoms and even metastases (spreading of the cancer cells) to the lungs. The good news, however, is that even with many cancers that have spread, 95 to 100 percent of these testicular-cancer patients are still rescued. This is a big triumph of chemotherapy. Cancer chemotherapy is often maligned because of its failures, but testicular-cancer chemotherapy represents a spectacular triumph over a cancer that has been largely conquered.

The young men we contacted had all been treated with *cisplatin*, the chemotherapy that is, for this cancer, a magic bullet. They have been cured for a number of years and now have children or wives who are now pregnant. This is a far cry from the tragedy of testicular cancer a few decades ago. At that time it was about 90 per cent fatal, and young men lost their lives even when it was detected early. Now it can be 100 percent curable if detected early. Until recent years testicular cancer was one of the most frequent causes of death in men between 29 and 35 years of age. Dr. John Donahue, the chairman of the department of urology at the Indiana University School of Medicine, is world renowned, because it was at Indiana University that the prognosis for testicular cancer was spectacularly improved. Because Dr. Donahue had established a worldwide reputation for successful surgical treatment of this cancer, his department attracted many advanced cases. And because he had large numbers of patients, his department was chosen for experimentation with *cisplatin* after this drug had been shown to work on animals. Dr. Lawrence Einhorn, who headed up the experiment with *cisplatin*, couldn't believe the X-rays that came back with the exciting evidence that the cancer and even lung metastases had disappeared.

The main thing is that people need to know that the disease exists. Any young man between 15 and 35 who is aware of any abnormality in his testicle, whether it's a mass, a lump or a pain, needs to know that this can be a serious disease, and that it should be checked immediately by a physician. First of all, it is important to know that when the cancer first begins, there are no symptoms. This is where the importance of self-examination comes in. The key to survival lies principally in early detection of the tumors. This entails careful palpation of the scrotal contents. We hope that men will soon adopt the approach women are beginning to have toward breast cancer—that frequent, periodic self-examination will permit early discovery of these tumors and result in a greater survival and cure rate. If a lesion is discovered, immediate medical attention should be sought.

With Dr. Donahue's help the Society has prepared self-exam posters that we believe should be in every high-school gym. If you would like to receive these posters explaining testicular examination, along with our cancer-prevention booklet, please send a tax-deductible donation of any amount to Cancer, *SatEvePost* Society, Box 567, Indpls., IN 46206.

"Which arthritis pain medicine is safer for your stomach than Bayer, Bufferin or Ascriptin A/D?"

Tests prove that Ecotrin is safer for your stomach than plain aspirin, buffered aspirin or Ascriptin A/D, because it's safety-coated to protect your sensitive stomach lining.

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Now thanks to Coach "Cotton" Barlow, there's an answer!

Nobody knows more about crippling knee pain, stiffness and strain than "Cotton" Barlow.

The veteran football coach has seen plenty of it in his years on and off the field.

He's also discovered that ordinary knee supports and elastic bandages just can't do the job. So he finally set to work to find a way to add strength and stability directly to the joint where support and protection are needed most.

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We urge you to try Coach Barlow's remarkable knee support for 30 days. If it doesn't bring you pain-free relief, we'll refund your purchase price without question.

Don't let the pain and anxiety of "bad" knees get you down. Order today. Specify size in coupon.

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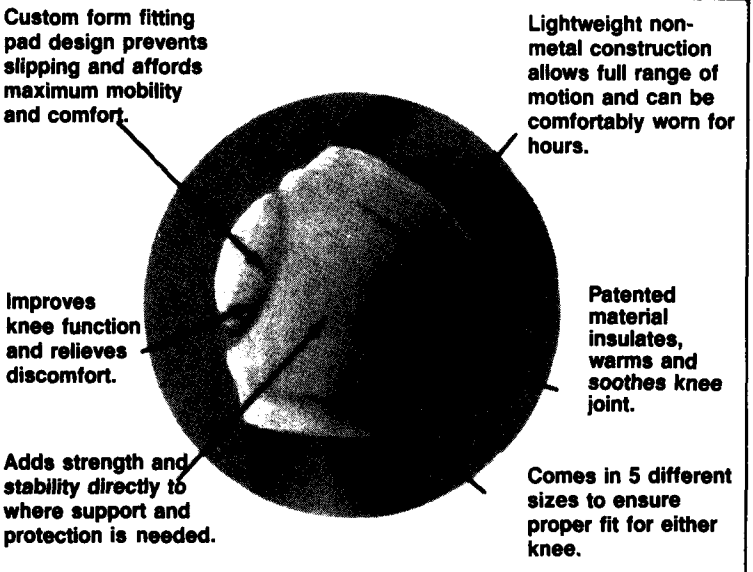
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"I'm 80 years old and certainly not an athlete . . . but now I can garden again and be active 'cause I wear your brace."
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"At first I wasn't sure . . . now I want a brace for the other knee. I've had knee problems for the last 5 years. I only wish I had known of this brace 5 years ago. I'm so grateful. Thank you."
J.N. Hartwell, GA

"This support is a great help to me. I could hardly get around before I got it. Thank you."
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Enclosed please find $_____ for _____ BARLOW knee supports.
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FOR CORRECT SIZE
Measure around the knee, one inch above the knee cap.
CIRCLE ONE
(**SM** under 15") (**MED** 15" to under 17") (**LG** 17" to under 19") (**XL** 19" to under 21") (**XXL** 21" and over). If in doubt, send exact measurement _____.

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"How To Get Rich Sooner Than You Think."

A Whole New Class of Millionaires Can Be Created In The Next Three Years!

My name is Joanna Jordan, and I have created a "New" and fantastic money making program just for you.

Let me tell you why I am so charitable.

No, I am not crazy and I don't like giving away my confidential money making secrets. But as you read further you will understand why I have to. "I HAVE NO CHOICE."

There are, at this very moment, fifty million Americans who are geared up to spend an estimated 2 Billion Dollars in the next twelve months on services like my program offers, and someone else, besides myself, has to take advantage of this opportunity or it will be lost forever.

If you are looking for a way to clear up all those overdue bills laying on your desk, or kitchen table, then this may be the solution to your problems.

I will show you how to start my new program entitled "How To Get Rich Sooner Than You Think" on a "beginner budget" and perhaps pocket up to $25,000 dollars the following month you receive it.

Wait! Don't get the wrong idea. Let me assure you, right now, that you are NOT working for a parent, franchise or distributorship company. You are Not working for me or my company. You are in business for yourself and all the money you make with this marvelous business is yours to keep. You don't have to share any of it with anyone.

But, before we go on I would like you to take a few minutes and CALL my private telephone number for a personal recorded message I made just for you .....

(703) 450-6052

Now that I've got your attention, it would be my pleasure to continue.

Maybe you won't make $25,000 dollars the first time out, you may do better. I have no way of knowing. All I know is that it is URGENT that you move on this opportunity now. Not next week or next month but Now. It would be a shame for all that money (over 2 Billion Dollars) to just pass you by without *you* getting your fair share of it.

That brings me to this very important point. If I could handle all the business that will be generated in the next twelve months, I wouldn't be telling you one solitary thing about this potentiality "strike-it-rich opportunity." I wouldn't be writing you this urgent message. Nor would I be revealing my inside secrets. I would be just working the system I have invented and be making all the money I could spend. But that's not the case. I can't handle all the business. Neither can ten other people, or 100 or 1,000 for that matter. It's just too big!

Okay. Okay. I understand that *not everyone* wants to become a millionaire in the next twelve months. Maybe you don't want the headaches of handling all that money at this time. Maybe you're looking for something "short-term" and not long term. That's okay. Give me a few more seconds of your time, I think I've got the answer for you.

Let's assume for a minute that you want to make $300,000 dollars, not one million. And let's further assume that you want to work part-time only. That's fine. You can do it. You can operate the program part-time, weekends only or evenings if you like, and make up to $300,000 dollars in seven months. Then, you could stash away the money in the bank and live off the interest for the rest of your life. For example: 12% interest on $300,000 is $36,000 a year; without touching the principal.

Listen Closely! What I am offering you here is an opportunity for you and your family to perhaps retire early in life. Stop worrying about the everyday chores and live off the interest on the money that will be made by you in the next seven months. **Once and for all be free** from having to get up on those cold and chilly mornings, start the car that may or may not start; get stuck in the traffic or snow that may or may not be blocking your path to work.

Instead, with my system **you are free to choose the days you want to work.** You could decide, on those snowy days in January, to sit at home and watch TV all day if you like, play in the snow like we used to do when we were kids, or catch a plane for Hawaii or Florida. **Never having to worry** about how you are going to pay the mortgage or car payments while you are on vacation. **Never having to worry** about someone taking over your job while you are missing a few days from work.

You and I both know *that* is no way to live. We have been through those headaches over and over again. Let's don't make the same mistakes twice. Take my advice, and don't pass up this "once-in-a lifetime" opportunity to perhaps get rich sooner than you think. Order my program now, Today.

Let me level with you. We all come into this world naked and broke and we are *all* going out the same way. What we do with our lives in between those two points in time *is what counts.* Darn, I would hate for my friends to say after my death: "She never enjoyed herself while she was on this earth. All she did was go back and forth to work 350 days a year, took two weeks off for vacation, if she was lucky, and spent the the rest of the year working for someone she couldn't stand."

Listen, that's not going to happen to you and me. We are going to have some fun for a change. We are going to do some of the things we have always wanted to do and we are going to do them Now.

Let me let you in on a little secret. I know what it's like to be skeptical. I also know what it's like to purchase inspirational books, money making programs and income opportunities from other companies and individuals. You name it and I've bought it. I have probably bought and tried every money making program on the market today and then some. I even went to the trouble of buying two of them from two overseas companies in Australia and Japan.

Nothing seemed to work for me. Most of them I enjoyed reading, but when it came right down to putting the program into operation I was lost. There just wasn't enough good information for me to follow. *Oh,* I know they intended to do a good job in the beginning, but their writing skills and instructions left me flat. Every time I started to do some investigating about a particular system or put a plan into operation I came up empty handed.

My money making program is complete, well written, precise, detailed and perfectly understandable. There are no if's or but's to it. Order my program now and see if I am right or wrong. If I am wrong you have wasted a postage stamp. But if I am right, you may be able to walk into the showroom of the Mercedes dealership and hand the salesman $42,000 dollars in cash *(in one-hundred dollar bills)* and drive away in the automobile of your choice. *A two-door 380 SL convertible would be nice.*

Purchase The Home of Your Dreams!

Once you start receiving your monthly checks from your new business do you realize that you may be able to purchase that new home in that special neighborhood you always wanted to live in. *You know the one I mean.* That special place or street you always wanted on live on. You could *waltz* right in and tell the real estate agent you would like to buy the home up on the hill. You then hand him or her a check for the down payment, and start the paperwork to move in right away. With your new business and the proposed yearly income you could be making you should have no problem qualifying for the mortgage.

Once you read the "two volumes" of my new program that I have prepared for you. You will see that this hypothetical situation can become a reality for you—not just a dream.

Listen Closely! I know I don't know you personally, but for the sake of all that money that might be lost, over Two Billion Dollars, I am going to reveal to you powerful inside secrets that most people don't even know exist.

I will give you names and addresses of companies that have been kept hidden from the American public for over fifty years. These companies are the *"key to your future"* that will help you achieve success like you never thought possible.

Here's What You Are Going To Receive: You are going to receive "TWO VOLUMES," a complete set of my ideas and systems written exactly as I use them on a daily basis. The same ones I used, last year, to make over one million dollars.

Both volumes are handsomely designed and printed by one of the most sought after printing companies in the country. There are 238 pages altogether, about 210 pages of text and about 28 pages of exhibits, pictures and illustrations. There are insider secrets, start up beginner budgets, detailed through instructions, **hard-to-find business contacts,** and my own special powerful money-making ideas. *These publications are both brand new and the creative pro-*

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gram you will find in them is being offered for a limited time and a limited time only.

I shared my secrets with some of my closest friends before I decided to select the readers of this publication, as some of the few qualified people in this country, to participate with me in this unique opportunity.
Here's how they did:

$12,000 in fifteen days

When you showed us your materials my wife and I sat up to 3:00 AM reading every word of your money making program. Two days later we put your methods into operation. Wow! Were we surprised when we made $12,000 in fifteen days. Our goals are set higher.
Thank you from both of us.
Mr. and Mrs. G. A., Santa Monica, California

$1,000 A Week

Since I read your program on how to get rich, my life has taken a turn for the better. I was earning about $200 a week in a job that I really didn't like, working for a boss I couldn't get along with.

After applying your money making program for the last four weeks, my income has already reached $1,000 a week. I am hoping to make $5,000 a week by next spring. I can't thank you enough for showing me how to put this kind of money into my own bank account, instead of my bosses.

Mr. S. McC., Newtown, CT

$9,000 dollars Richer

Every week I would work all week long, pick up my paycheck, and 24 hours later after paying by bills I would be flat broke. Your program "How To Get Rich Sooner Than You Think" *came in the mail three weeks ago yesterday.*

Today after applying your methods for only two and a half weeks I am $9,000 dollars richer. I have money in my savings account for a change and I am buying myself a new car.
You're the greatest.
Mr. R.I.G., Los Angeles, California

I Made $93,455.00 in one month

I don't know whether or not I am the most successful person to use your techniques, and I may not be, but, with no exaggeration, I made $93,455.00 in one month.

I just wanted to write and tell you that your information is incredible. I am happier than I ever thought I would be.
Joanna, thank you.
Mr. J. A., Danbury, Connecticut

Dear Reader:

I want to tell you of my experience with Joanna Jordan — and her new money making program "How To Get Rich Sooner Than You Think!"

My name is Kathy Rice and I am a close friend of Joanna's. Until recently, I thought I was happy in my job and family life.

But what I learned from Joanna helped me see that I was going about it all wrong. In fact, I was on the same tread-mill everyone else seems to be on these days. "Make a few dollars this week, and spend more than I made next week."

Joanna Jordan has an individual and "different" approach on how to make big money that lasts for more than a couple of weeks. Her methods are logical and effective. *And her way of explaining her new unique program* makes it easy to understand and quick to apply.

Her program entitled "How To Get Rich Sooner Than You Think!" can show you how to earn money fast, and her confidence in its money making ability shows in her guarantee. She will give you a "Three Month" FREE TRIAL. (That will give you plenty of time to try her techniques and find out that Miss Jordan has been completely sincere in what she has been telling you.) Use *the information and put the money making program into* action, for that period, and if you are not satisfied, for any reason, just mail the materials back and she will refund every cent of your money to you.

Sincerely yours,
Kathy Rice, New York, New York

"There is a limited supply of my first edition programs available, and because programs of this quality are normally sold out in fifty days."
YOU MUST ORDER NOW!
"Please don't hesitate, this is your One-Time chance to get in on something really fascinating. Do it now. Order today."

Let me prove to you that I know what it's like ..... I know what it's like to spend every cent of your paycheck two days after you get paid. I know what it's like to write a questionable check at the grocery store on Wednesday, for $25 dollars, and hope to cover it by Friday. I know what it's like to have more bills to pay at the end of the month than you brought home in all four paydays. I know what it's like to stand in line in a department store with your Visa card in hand, hoping you won't be embarrassed by some clerk behind the counter when she calls in your number to the controller.

I know all these things because I have experienced all these things. Isn't it about time you made a change in your everyday life? Isn't it about time you said "enough is enough" and started a new way of life? **Don't Let Someone Else Control Your Life.** Do something about it Today.

You could start, right now, and be on you way to your fortune by the end of next week. If you order today, not next week, or next month. But Now! Send **$12.95** for both volumes of "How To Get Rich Sooner Than You Think!" Today!

Before I go any further. Let me clear up any possible misunderstanding you may have.

I didn't write this money making program and then expect to make my fortune. I made my fortune before I wrote the first word in "How To Get Rich Sooner Than You Think!" In fact, while we're on the subject, the year before I wrote "How To Get Rich Sooner Than You Think!" I made $1,031,000 dollars. The year before that I made $780,000 and two years before I made $554,000. *It's all Documented!.*

The amount of money I made using my system is documented and can be backed up with bank records and financial statements from my Certified Public Accountants.

I don't wish to brag, but I must make you understand that you too can perhaps do as well as I did for the past three years. You may even do better.

Here Is An Example Of What My Plans Can Do!
My Bank Deposits For The Past 12 months:

January	$ 63,010.60
February	$123,138.29
March	$171,129.43
April	$107,404.62
May	$ 88,097.60
June	$ 64,613.08
July	$ 65,116.00
August	$ 89,883.63
September	$ 94,222.50
October	$ 45,560.33
November	$ 44,567.21
December	$ 74,357.78

These are the facts. You can believe them or not. It's your choice. But I'll tell you this, I didn't have a lot of money when I first started, and that's why I designed this program with you in mind. I wanted anyone who was interested in improving themselves, to be able to start producing Big money immediately.

Two Volumes!

Don't Delay! Don't miss out on this opportunity! If you put this urgent message down without ordering, the opportunity will not be available to you again. You may never know how Great It Feels Having $30,000 dollars in the bank any time you need it for emergencies. You may never know what it's like owning three luxury automobiles. You may always wonder what it's like owning two homes worth over $500,000 dollars in perhaps the best neighborhood in your state. Why don't you place your order today for "How To Get Rich Sooner Than You Think!"

I promise you will be overjoyed with "both volumes" of "How to Get Rich Sooner Than You Think!" and I guarantee that this **"first-time offered"..... Money-Making Program,** will not be found in any other book, magazine, newspaper, manual, booklet or anything. It is my exclusive money making program. It is all original and it is waiting right here in my office, waiting to be shipped to you.

"What if I don't like it?" — You Can Return it!

I'll Give You A Full 90 Day Money-Back Guarantee. If at any time after receiving "How To Get Rich Sooner Than You Think!" you want to return it, for any reason, do so. I will immediately refund your **$12.95** along with my congratulations to you, for at least having given it a try. There will be No questions asked! No delays! Just a cheerful and prompt refund.

In fact, if you still feel a little uncertain about mailing a check to someone you don't know. You can: Postdate Your Check For 30 Days From Now. I won't deposit your $12.95 check or money order for 30 days after you get my *materials. Use the new program in* "How To Get Rich Sooner Than You Think!" during that time. Then, if you don't think it's for you, just send the materials back and I'll return The Same Check You Sent Me Uncashed.

Take the time "Right Now". Pick up your pen. Fill out the "Order Form", and mail it in Today! In a few days time you will have "How To Get Rich Sooner Than You Think!" in your hands. Use the information and start making big money with my Money Making program. I think you'll see very quickly that it's everything I say it is and just by following the step-by-step guidance it offers, you'll begin to realize your dreams of *success as soon as next week.*

Or call Toll Free: and CHARGE IT!
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Charge your order to: American Express — Mastercard — Visa. 24 hours a day. 7 days a week. "We're open Sundays." **Note:** Operators can only take orders. Any questions please call 703-450-4374. Thank You.

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Joanna Jordan
100 Glenn Drive
Dept. SE-71, P.O. Box 139
Sterling, Virginia 22170

Dear Joanna, please RUSH me my program (both volumes) of **"How To Get Rich Sooner Than You Think!"** only with the understanding that I have a full 90 days to test your program. If I am not completely satisfied, for any reason, I may simply return "How To Get Rich Sooner Than You Think", and you will immediately refund the full purchase to me. What's more, I can postdate my check for thirty days. On that basis here is $12.95 for both volumes.

Name _____

Address _____

City _____

State _____ Zip _____

Note: Because of the heavy package I will be sending you, please add **$1** (in cash) to partly cover the cost of postage. Thank You!

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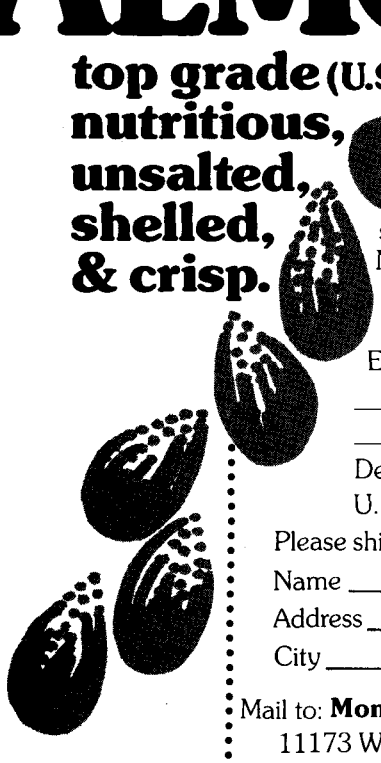

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Birds

continued from page 49

Museum in London and at the Royal Academy in Edinburgh, Scotland.

While the artist was dismantling the piece he had set up to show me (it had come in three sections, took him all of five minutes to assemble and weighed 150 pounds), I learned he does all of his work in a "big, old house of 13 rooms."

"The house, of course, is decorated with your work," I suggested.

He laughed and said, "No, my wife —she's a professor at Vincennes University—does a real fine job of that. There's very little of my stuff in there. I think I've got one painting and one decoy, and that is it."

"After spending up to a year on a major piece such as this, don't you hate to see it go?" I asked.

He gently disengaged the two red-tailed hawks at the wing tips. "Not really. It's always that the next one is going to be the best. When you first conceive something and then begin working on it, you've got a lot of enthusiasm. But somehow or other my stuff always seems to fall short. It never is as good as what I think I can do. Whenever I see something I sold six or so years ago that I thought was pretty good, I always want to buy it back," he said.

I reminded him his work has been compared to well-known porcelain birds. Making a slight gesture of protest, he said, "That's extremely flattering. Perhaps it's the design. To me, design is really fundamental. I like to think that it's like filming an actual happening, and I have taken one frame out of that film and reproduced that frame. I like to think my stuff has some design to it. The actual burning of the feathers and whatever—that is an acquired ability. Anybody can do that. But I think to be able to make pleasing designs, you've either got it or you haven't."

Jules Bouillet has it.

Soup's On

continued from page 22

Generous dash ground saffron or turmeric
1 pound fillets of white fish, cut in 2-inch pieces
1 pound fillets of red snapper, cut in 2-inch pieces

In 4-quart Dutch oven or saucepan

over medium heat, heat oil and cool onion with garlic, parsley, bay lea and pepper until tender. Add broth water, tomatoes, potatoes and saf fron; bring to boil. Reduce heat t low and simmer 5 minutes. Add whit fish, snapper and clams; simmer minutes. Stir gently. Add shrimp simmer 5 minutes more or until done Stir gently. Remove bay leaf.

WHERE IN THE WORLD?
(Answers from page 98)

A. Mount Fujiyama, 12,389 feet high, is found on the island of Honshu in Japan.
B. The Empire State Building, 102 stories and built in 1930-31, is located in New York City.
C. Big Ben, named for Sir Benjamin Hall, the commissioner of works, was installed in Westminster Palace, London, in 1859.
D. The Alabama Space and Rocket Center is located in Huntsville, Alabama.

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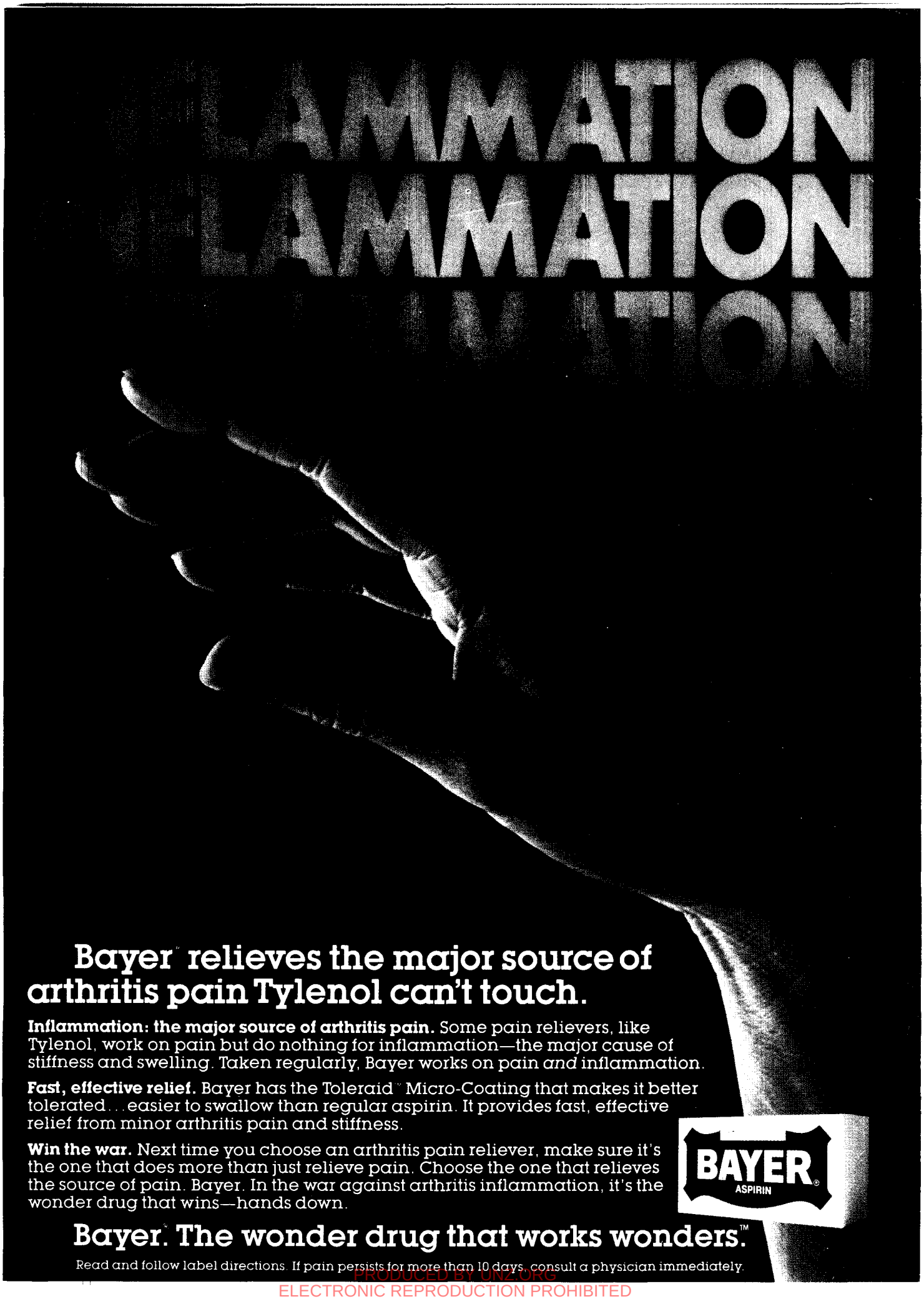

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